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ABSTRACT

A curriculum and teacher guide are provided for a program to teach daily living skills to 0-4 level adult basic education students. The guide presents a method of instruction and lists the materials provided. Teaching plans (content outlines) are provided for these areas: cooking, housekeeping, laundry, leisure skills, and medication awareness. A pre/post-test and word list are included for each area. A list of supplementary reading sources is appended. The curriculum and teacher guide are accompanied by curriculum flash cards that are intended for use with the flip chart which is also included. (YLB)

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DAILY LIVING SKILLS AT YOUR FINGERTIPS

ED3045533

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Special Section 310 Project

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DAILY LIVING SKILLS
FOR
0-4 LEVEL ADULT BASIC EDUCATION STUDENT

CURRICULUM AND TEACHER GUIDE

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FORWARD

DAILY LIVING SKILLS FOR 0-4 LEVEL ADULT BASIC EDUCATION STUDENT

TEACHERS

This program is designed to teach daily living skills to the 0-4 level students in the following areas: cooking, housekeeping, laundry, leisure skills, and medication awareness. This program provides a core of instructional material and worksheets. Supplemental activities are encouraged for enrichment.

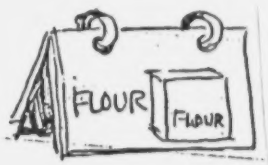
The daily living skills were selected because of their importance in helping the resident to function in the community.

ACKNOWLEDGEMENTS

This curriculum could not have been completed without the valuable assistance of Penny Beitman, Carol Durgin, Claire Goldberg, and Phyllis Zambo, ABE Teachers at Harrisburg State Hospital, Cindy Golob, Assistant to the Accountant, and Samuelene Brannen whose typing and proofreading skills enabled this project to be successfully completed.

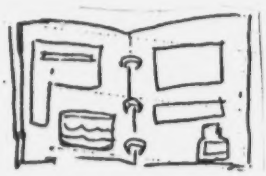
METHOD OF INSTRUCTION

1. Preliminary test to ascertain student's knowledge of the daily living skills. Have necessary utensils available.
2. Demonstration and practice of individual skills.
   a. Supervised practice, after teacher demonstration.
   b. Many practice sessions until student achieves success unaided.
3. Student created cards.
   a. Suggest 5x7 card with ring holes, cardboard covers to help it stand.



   b. Flash cards: magazine pictures, words for improved reading skills.

4. Student created notebook.
   a. Contents:
      (1) Copies of directions.
      (2) Samples of labels.
      (3) Copies of recipes.
      (4) Schedules of events.



   b. Develops ability to organize and plan. Helps the student see the need for advanced planning in food shopping, preparation, use of time.

METHOD OF INSTRUCTION (Continued)

5. Progress through each unit in course outline.
   a. Reinforcement of basic safety skills with each unit.
   b. Call attention to "aids" available to the student.
6. Post test.

MATERIALS PROVIDED

I. Course Outline.

II. Flip Chart.

III. Samples.

A. Student individual flip chart.
B. Flash cards.

IV. Teaching Plan.

A. Preliminary and post tests.
B. Supplemental activities.
C. Reference materials. Available references to be used for reinforcement.

COOKING

TEACHING PLAN

I. COOKING

A. Pre-test.

B. Preliminary discussion.

1. Cleanliness.

2. Safety.

C. Utensils.

1. Identification.

2. Organization.

3. Preparation.

D. Appliances.

1. Safety tips.

2. Use.

3. Maintenance.

E. Recipe.

1. How to read.

2. Ingredients.

3. Measurements.

4. Application.

5. Time and serving.

F. Related subject.

1. Shopping.

a. Utilize newspaper aids.

(1) Cost.

(2) Word identification.

TEACHING PLAN

I. **COOKING** (Continued)

F. Related subject (continued).

2. Labels identification.

a. Ingredients.

(1) Dietary restriction.

G. Word list.

COOKING PRE-TEST

1. Name the measurements on the spoons. _____

   _____

2. Identify half (½) cup measure. (Note to Teacher: Have available (4) different cup measures.) _____

   _____

3. What tools and utensils do you need to make scrambled eggs? _____

   _____

4. How do you make toast? _____

   _____

5. How do you start a stove? _____

   _____

6. Why do we use pot holders? _____

   _____

7. What do you use to drain noodles? _____

8. Name three (3) cooking utensils. _____

   _____

9. What do you use to clean carrots? _____

10. What does pre-heat mean? _____

    _____

COOKING WORD LIST

Bake

Beat

Blend

Braise

Broil

Chop

Cube

Dice

Fry

Grease

Ingredients

Melt

Mince

Pare-peel

Recipe

Saute

Simmer

Time

Toast

Words associated with cooking. Have student make word cards depicting any word that denotes cooking terms. Can be done with pictures from media or drawn by the student.

HOUSEKEEPING

II. **HOUSEKEEPING**

A. Pre-test.

B. Identify areas/time involved.

1. Daily Skills.

a. Preparing and cleaning up meals.

b. Bed-making.

2. Semi-weekly/weekly.

a. Vacuum and dusting.

(1) Use of vacuum/identification of parts.

(2) Alternative methods.

b. Use of cleaning supplies.

c. Cleaning tub, toilet, sink.

d. Changing bed linen.

e. Collect laundry.

f. Empty trash.

(1) Cleanliness and health.

(2) Coincide with garbage day.

C. Equipment.

D. Word List.

HOUSEKEEPING PRE-TEST

1. What do you need to make a bed? _____

_____

2. How do you clean up a spill on the floor? _____

_____

3. What do you do with trash? _____

_____

4. Name the steps to washing dishes. _____

_____

5. What do you use to clean and sanitize a toilet? _____

_____

6. How often should you dust and vacuum? _____

7. How often should you do laundry? _____

8. How often should you change your bed? _____

9. What is a brillo pad? Why do you use one? _____

_____

10. What is a mop? Why do you use one? _____

_____

_____

HOUSEKEEPING WORD LIST

Ammonia

Antidote

Appliances

Caution

Cleaner

Dusting

Flammable

Garbage

Harmful

Mopping: dry and wet.

Sanitize

Sprays: aerosol and pump.

Sweep

Vacuum

Wax

TERMS

Bedmaking

Cleaning

Cooking

Dishwashing

Dusting

Flatten

Laundry

Paying Bills

Setting Table

Trash Removal

Vacuuming

LAUNDRY

III. **LAUNDRY**

A. Pre-test.

B. Identify things to be washed as opposed to cleaned.

1. Separation of items.

2. Washable, permanent press, etc.

C. Use of laundry implement.

1. Home: washer, dryer, clothes line.

2. Laundromat.

a. Location/travel arrangements.

b. Cost.

(1) Own supplies or vendor box.

D. Use of laundry supplies.

1. Description and use.

E. Use of iron.

1. Safety.

2. Location.

3. Folding/hanging garments.

F. Word List.

LAUNDRY PRE-TEST

1. Why do you sort clothes? _____

   _____

2. Name steps to washing clothes. _____

   _____

3. When should you add bleach? _____

4. What is permanent press? _____

   _____

5. What do you put in washer or dryer to keep clothes from clinging together? _____

6. What is a steam iron? _____

7. What is a Laundromat? _____

   _____

8. What is starch? _____

9. What cycle do you use to wash delicate items? _____

10. What do you use for stains? _____

LAUNDRY WORD LIST

Bleach

Cycle

Dampened

Detergent

Drip Dry

Dryer

Fabric: Cotton

Dacron

Nylon

Permanent Press

Polyester

Iron

Rinse

Soak

Softener

Soil

Stain

Starch

Steam

Temperature

Timed

Tumble

Type of Wash

Washer

Water Level

LAUNDRY TERMS

Washing: Pre-soak.

Soaking.

Pre-treat.

Washing for fabric.

Rinsing.

Spin.

Drying: Tumble.

Air dry.

Cool-down.

Ironing: Dampening.

Temperature for fabric.

Dry or steam.

LEISURE SKILLS

IV. **LEISURE SKILLS**

A. Pre-test.

B. Identify leisure activities.

1. Equipment needed and cost.

2. Utilize newspaper to identify leisure.

a. Cost.

b. Transportation.

c. Time.

3. At home activities.

a. Cards.

b. Games.

c. Radio and television.

C. Word list.

LEISURE PRE-TEST

1. Where do you find television listings? _____

_____

2. How do you get to the movies? When are they cheaper?

_____

_____

_____

3. How do you find out about free activities? _____

_____

4. Where can you learn how to make crafts? _____

_____

5. Name three (3) hobbies: _____

_____

_____

LEISURE WORD LIST

Activities

Classes

Equipment

Hobbies

Leisure

Movies

Museums

Newspaper

Schedule

Shopping

Shows

Sports

Theatre

Trips

T.V. Listing

MEDICATION AWARENESS

V. **MEDICATION AWARENESS**

A. Pre-test.

B. Recognition of medication.

1. Name of medication.

2. Color, size.

3. Dosage.

C. Obtaining medication.

1. Prescription label.

2. Call in prescription.

a. Use of phone.

b. Giving complete information.

3. Pick-up medication.

a. Identify and confirm that it is yours.

b. Be aware if drug is changed.

c. Ask questions if you are not sure.

D. Safety.

1. Follow directions.

2. Know the hazards.

3. Check with your doctor.

4. Don't skip or alter dosage.

MEDICATION AWARENESS PRE-TEST

1. Should you forget to take prescription medicine? _____
2. If you take medication, can you understand the label? _____
3. Should you mix medicines? _____
4. Should you lend medicine to a friend or borrow theirs? _____
5. Where do you get medications? _____
6. What does reaction mean? _____

_____

7. What is a capsule? _____
8. Who prescribes medication? _____
9. Where should you keep your medication? _____
10. What is an expiration date? _____

_____

MEDICATION AWARENESS WORD LIST

Capsules

Directions

Dosage

Drugs

Expiration

Hazard

Label

Liquid

Medicine

Oral

Over the Counter

Pharmacy

Pills

Prescription

Reaction

Refill

Symptoms

Tablets

Warning Sign

SUPPLEMENTAL READING SOURCES

The following supplemental reading sources are listed according to the Daily Living Skills presented.

SKILLS FOR INDEPENDENT LIVING, Mafex Associates, Inc., 90 Cherry St., Box 519, Johnstown, PA 15907.
APPLIANCES by Joanne W. Stephenson, ISBN: 87804-897-9.
COOKING by Joanne W. Stephenson, ISBN: 87804-900-2.
Both of the above books contain pictures and vocabulary.

REAL LIFE READING SERIES, Mafex Associates, Inc. Publishers, 90 Cherry St., Box 519, Johnstown, PA 15907.
FOOD by Carolyn Ferrell, ISBN: 87804-799-9.
Excellent pictures, simple format on food, menus, shopping out.

FUNCTIONAL LANGUAGE - READING PROGRAM FOR ADULTS, Elwyn Institute, Elwyn, PA. ABE 310 Project, Fiscal Year 1983-84.
Sight words for home.

YOUNG HOMEMAKER'S COOKBOOK BY Anna A. Weaver, Fearon Pitman Publishers, Inc., Belmont, CA. ISBN: 0-8224-7675-4.
Series: **Planning Meals and Shopping, Getting Ready to Cook,** and **Young Homemaker's Cookbook.**

LIFE SKILLS READING BY Nancy Gill, 1980, Enrich, Div./OHAUS, Sunnyvale, CA. ISBN: 0-33358-73-3.
USING MENUS (GR. 3-5), EN72202.
USING CEREAL BOXES (GR. 4-6), EN72203.
TELEPHONE POWER (GR. 3-5), EN72201.
Colorful study posters (4-6 level) adaptable.

LIFE SKILLS READING by Carol Mullins. Educational Design, Inc., 47 West 13th Street, New York, NY.
Food labels, utility bills, drug labels, TV listings.

HOW TO READ FOR EVERYDAY LIVING, SET 2, AKC 593, by Eunice Insel, M.S. reading and Ann Edson, M.Ed. Educational Activities, Inc., Freeport, NY. ISBN: 0-89525-090-X.
Following directions for variety of activities.

COPING 2: HEEDING THE LABELS, THE Perfection Form Company, Logan, Iowa, 1979.
Photographs of common labels - multiple choice questions (4-6 level) but can be adapted.

SUPPLEMENTAL READING SOURCES (CONTINUED)

FUNCTIONAL READING, basic Learning, Williamsville, NY.
SURVIVAL SKILLS, BLC 2221, Set B. Study posters, duplicating, masters. a. Bus schedules, maps, directions, etc.

SURVIVAL SKILLS CURRICULUM IN LANGUAGE ARTS, Education Department, Harrisburg State Hospital, Pouch A, Harrisburg, PA.
SPECIAL SECTION 310 PROJECT. Words skills related to newspaper, activities, shopping, telephone and bus.

PAMPHLETS AND BOOKLETS frequently available through:
U.S. Department of Agriculture.
Individual Product Agencies.
Newspaper features.

DAILY LIVING SKILLS

FLIP CHART

	PAGE
TITLE PAGE	1
INTRODUCTION	2
COOKING-TITLE PAGE	**3**
COOKING-PREPARATION	4
UTENSILS	5
KITCHEN APPLIANCES	6
HOW TO USE A BEATER	7
COOKING STEPS	8
COOKING STEPS	9
COOKING MEASUREMENTS	10
CCOKING MEASUREMENTS	11
COOKING TERMS	12
COOKING SAFETY	13
COOKING RECIPES	14
COOKING TIPS	15
HOUSEKEEPING TITLE PAGE	**16**
HOUSEKEEPING APPLIANCES	17
HOUSEKEEPING TOOLS	18
HOUSEKEEPING SUPPLIES	19
DIFFERENT JOBS, DIFFERENT PRODUCTS	20
HOUSEKEEPING SAFETY WORDS	21
HOUSKEEPING JOBS: DAILY, WEEKLY	22
HOUSEKEEPING JOBS	23
LAUNDRY TITLE PAGE	**24**
WASHING/DRYCLEANING	25
LAUNDRY SYMBOLS	26
LAUNDRY SYMBOLS	27
LAUNDRY SUPPLIES	28
HOME/LAUNDROMAT	29
LAUNDROMAT	30
WASHING: TYPES	31
WASHING STEPS	32

FLIP CHART (CONTINUED)

	PAGE
DRYING: TYPES	33
IRONING	34
IRONING TERMS	35
LAUNDRY CAUTIONS	36
LEISURE TITLE PAGE	**37**
LEISURE: SPARE TIME	38
ACTIVITIES	39
INFORMATION: WHERE TO FIND	40
LEISURE FREE/COST	41
PLACES TO GO	42
LIBRARY	43
CLASSES	44
HOBBIES	45
MEDICATION TITLE PAGE	**46**
KNOW YOUR LABEL	47
KNOW YOUR MEDICINE	48
PRESCRIPTION LABEL	49
DIRECTION LABELS	50
DOSAGE	51
WHERE DO YOU GET MEDICATION?	52
OVER THE COUNTER DRUGS	53
KEEPING MEDICINE	54
MEDICINE SAFETY	55
EXTRA PAGES	56-58

FLASH CARDS

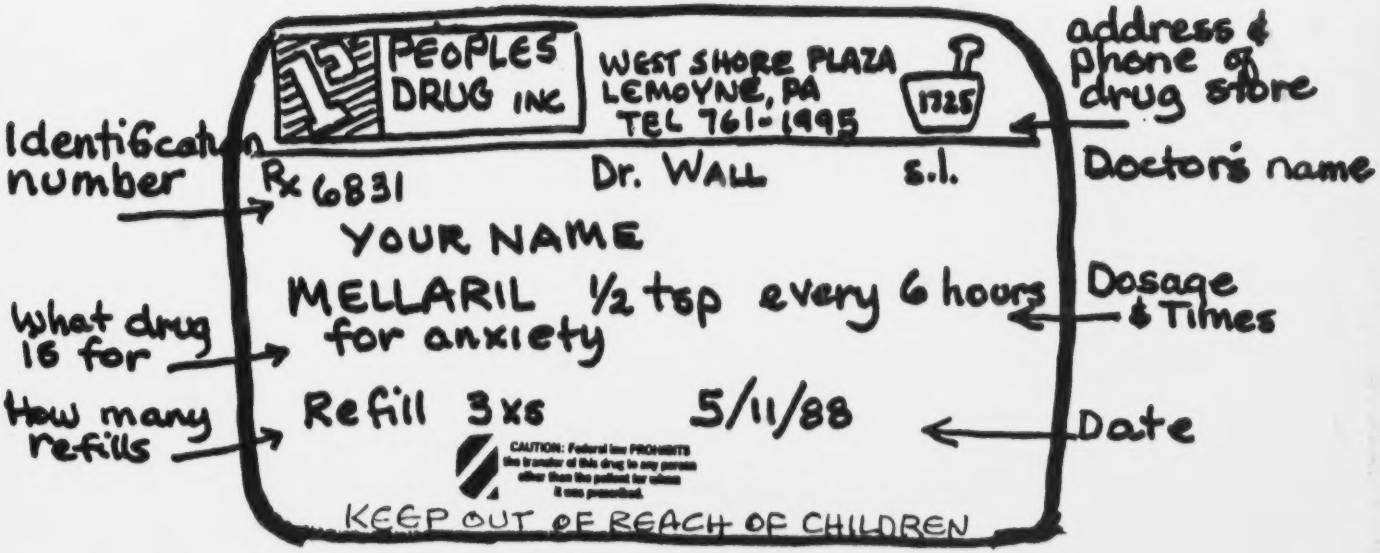
KNOW WHAT MEDICINE LOOKS LIKE:

SHAPE, COLOR

MEDICINE

KNOW YOUR LABEL

LABEL

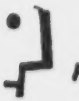

PEOPLES DRUG INC
WEST SHORE PLAZA
LEMOYNE, PA
TEL 761-1995
1725
address & phone of drug store
Identification number
Rx 6831
Dr. WALL
s.l.
Doctor's name
YOUR NAME
MELLARIL ½ tsp every 6 hours
for anxiety
Dosage & Times
What drug is for
How many refills
Refill 3x6
5/11/88
Date
CAUTION: Federal law PROHIBITS the transfer of this drug to any person other than the patient for whom it was prescribed.
KEEP OUT OF REACH OF CHILDREN

DIRECTION LABELS

AVOID prolonged exposure to SUNLIGHT and FINISH all this MEDICATION unless otherwise directed by prescriber

DO NOT DRINK ALCOHOLIC BEVERAGES WHEN TAKING THIS MEDICATION.

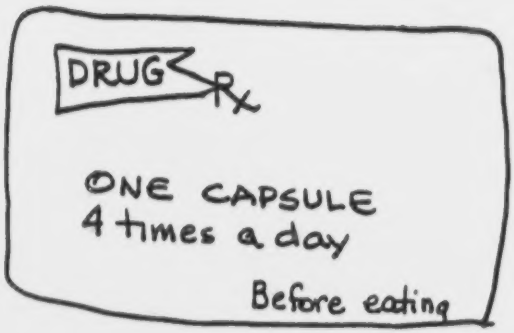
MAY CAUSE DROWSINESS. ALCOHOL MAY INTENSIFY THIS EFFECT USE CARE WHEN OPERATING A CAR OR DANGEROUS MACHINERY.



FOR THE NOSE

THIS PRESCRIPTION CANNOT BE REFILLED

DOSAGE
HOW MUCH TO TAKE



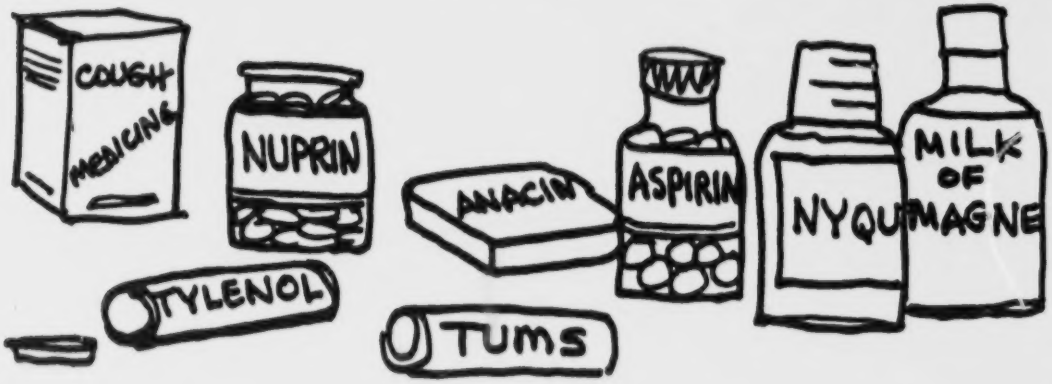
WHO PRESCRIBES YOUR MEDICINE?

THE DOCTOR

M.D.

WHERE DO YOU GET MEDICATIONS?
PHARMACY
PRESCRIPTIONS
DRUG STORE

OVER THE COUNTER DRUGS

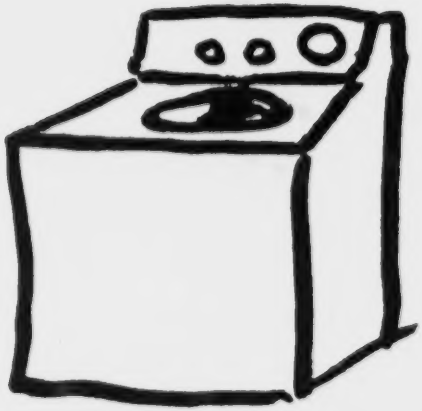


KEEP MEDICINE

DON'T SHARE DRUGS

LAUNDRY

HANDWASH



MACHINE

LAUNDRY

DETERGENT

LIQUID

POWDER

SOAP

SOFTENER

LAUNDRY SYMBOLS

NO IRONING

TUMBLE DRY

TOUCH UP IRONING

MAY BE DRY CLEANED

WOOL

WOOL

WOOL BLEND

COTTON

LAUNDRY

WASHABLE

PERMANENT PRESS

DELICATE

DRY CLEAN ONLY

DO NOT DRY CLEAN
WIPE WITH DAMP CLOTH.

LAUNDRY
HOME
LAUNDROMAT

LAUNDROMAT

NEED:

MONEY- COINS

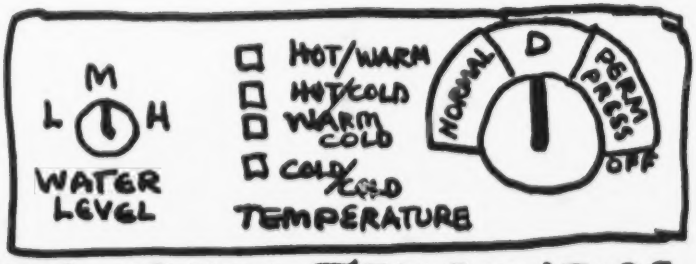
SUPPLIES

TRANSPORTATION TO & FROM

WAY TO CARRY WASHING

LAUNDRY WASHING

BY COLOR & FABRIC



CHOOSE TYPE, TEMPERATURE, LEVEL

LAUNDRY

① PRETREAT STAINS

② DETERGENT- SUDS SUDS !!
FOLLOW DIRECTIONS
NOT TOO MUCH

③ BLEACH- if needed
Add to water
FOLLOW DIRECTIONS

④ RINSE OR SOFTENER
Add to last cycle of washer

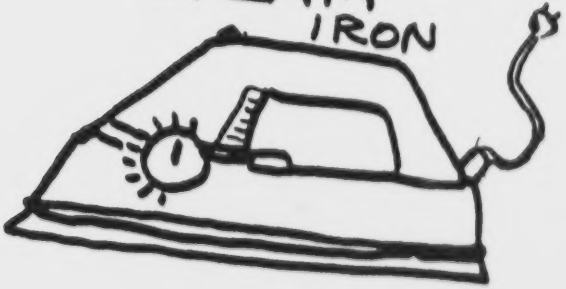
Makes clothes soft
help removes static
cling when drying.

DRYING

LAUNDRY IRONING

ELECTRIC:

STEAM IRON



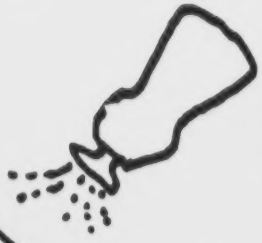
MANGLE IRON

DRY IRON

HEAT ON STOVE
NON ELECTRIC IRON

IRONING TERMS

DAMPEN

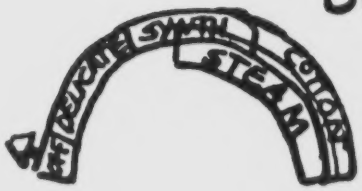


ROLL

PRESS

STEAM

STEAM IRON DIAL



WATER LEVEL

CAUTION:

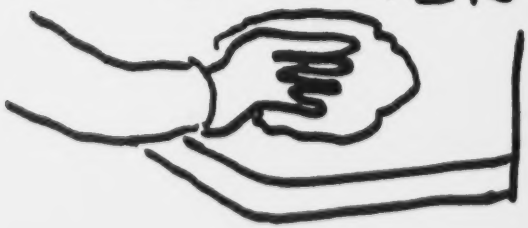
WITH ANY ELECTRIC ITEM THERE IS A DANGER OF SHOCK WHEN AROUND WATER.

DRY HANDS
DON'T STAND IN WATER

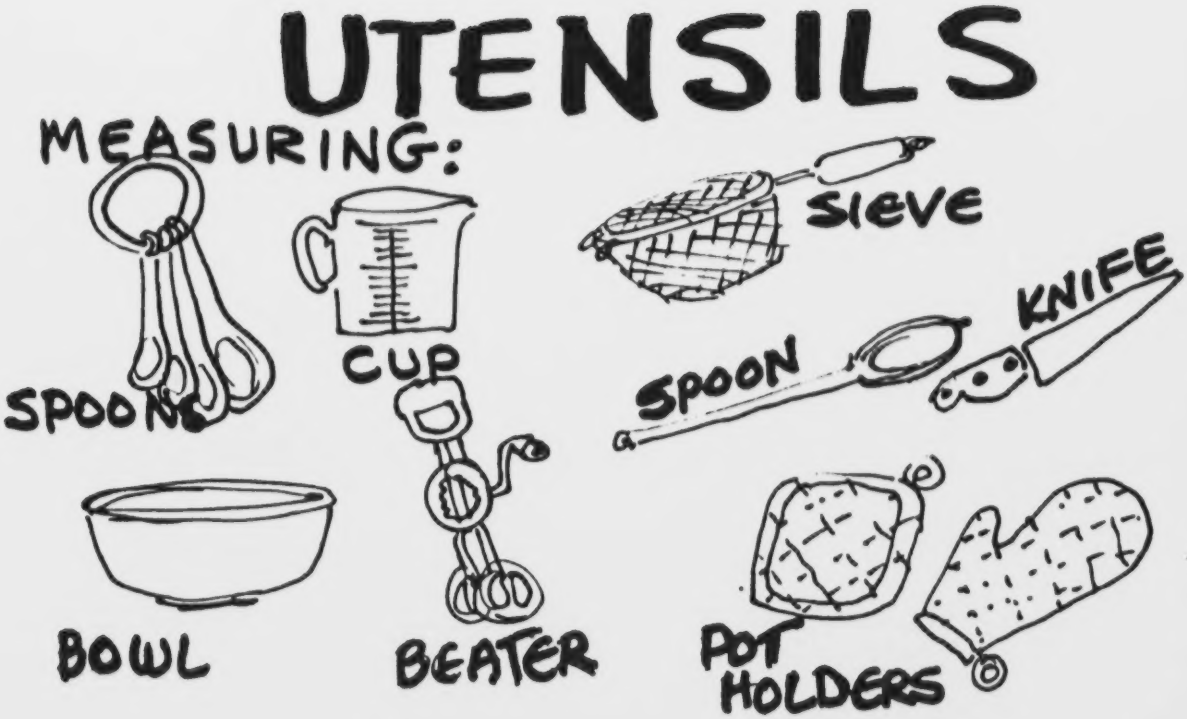
COOKING
PREPARATION
WASH:

HANDS

COUNTER



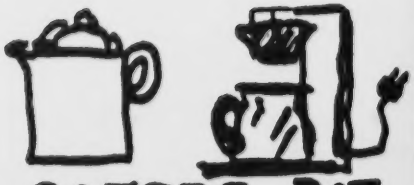
UTENSILS


MEASURING:
SPOONS
CUP
SIEVE
KNIFE
SPOON
BOWL
BEATER
POT HOLDERS

EQUIPMENT

STOVE

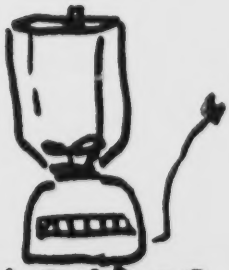
BEATER



COFFEE POT

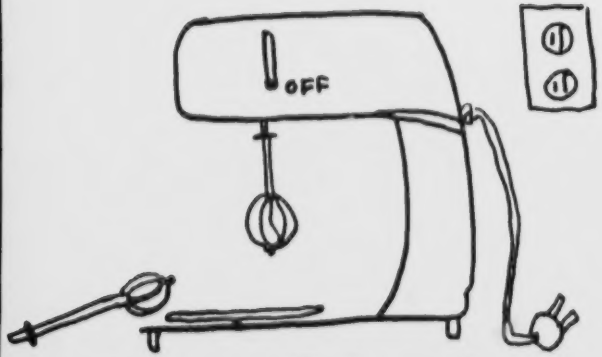
TOASTER

REFRIGERATOR

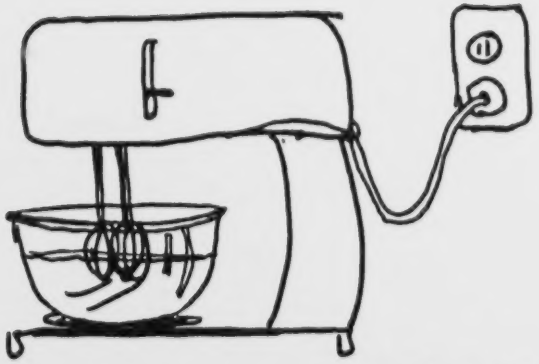


BLENDER

ELECTRIC BEATER



UNPLUGGED
OFF
PUT IN BEATERS
PLUG IN



START ON LOW
BLEND SLOWLY
ADD INGREDIENTS
SLOWLY

BEATER

USE RUBBER SPATULA
SCRAPE DOWN SIDES OF BOWL

DON'T LIFT BEATER OUT
WHILE BEATING

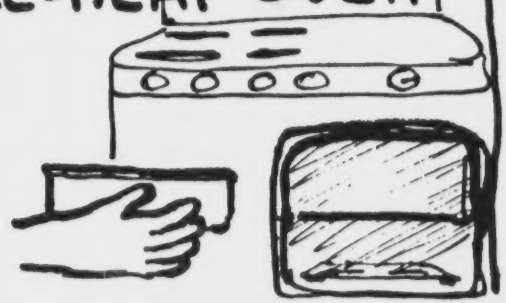
COOKING STEPS

COOKING STEPS

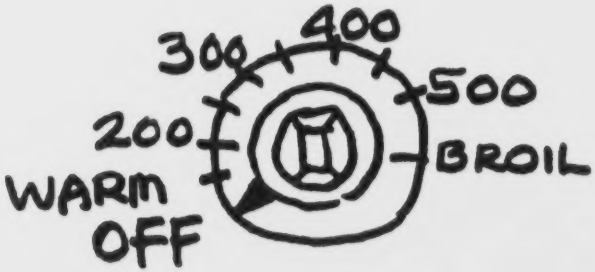
STIR SLOWLY
USE HOT PAD

WATCH: TIME
TEMPERATURE

PRE-HEAT OVEN



TEMPERATURES



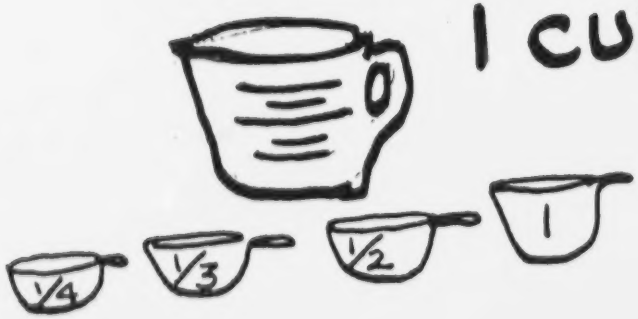
CHOPPING

PROTECT FINGERS

PEELING OR PARING

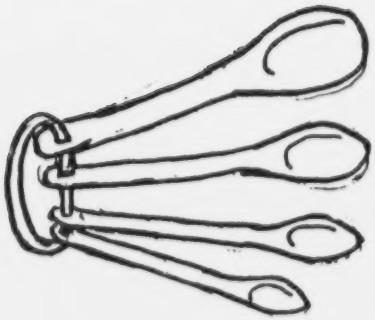
MEASUREMENTS

1 cup = 1 c.



2 cups = 1 pint
2 pints = 1 quart
2 quarts = 1/2 gallon

MEASUREMENTS



1 Tbsp Tablespoon

1 tsp teaspoon

½ tsp one half

¼ tsp one fourth

TERMS:

BLEND - MIX TOGETHER

BEAT - STIR TOGETHER VERY WELL

BY HAND OR BEATER

INGREDIENTS:

ITEMS IN A RECIPE

GET THEM TOGETHER
BEFORE YOU START

RECIPE

SCRAMBLED EGG

1 EGG (out of shell)
stir in a cup with a fork
1 tsp margarine
Frying pan - place on Med heat
Melt 1 tsp margarine in pan
Add stirred egg
Cook until done
Turn off stove.
Remove pan from stove
Put egg on plate

TERMS:

FRY

MEDIUM TO HIGH HEAT

BOIL-

HIGH HEAT

SIMMER

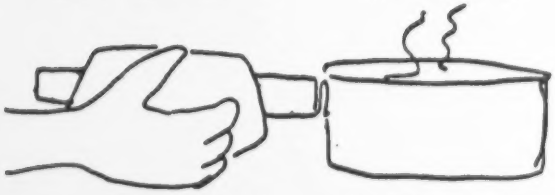
LOW HEAT

BRAISE

COOK SLOWLY, WITH LITTLE MOISTURE & COVERED

SAFETY

USE POT HOLDERS



CAREFUL OF SHARP KNIVES

SAFETY TIPS

DO NOT GET
ELECTRIC APPIANCES
WET

GOOD HEALTH:

START CLEAN

KEEP THINGS CLEAN

LEISURE

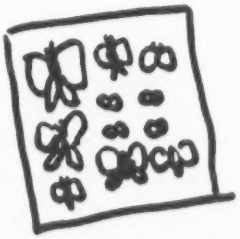
SPARE TIME:

NOT WORKING TIME

HOBBIES

ACTIVITES THAT YOU DO REGULARLY:

COLLECTING



GARDENING

BUILDING

NEEDLEWORK

CLASSES AVAILABLE

ADULT EDUCATION
HOW-TO CLASSES

FROM COOKING
TO WINE MAKING

SCHOOLS
CHURCHES
FIREHALLS
LIBRARIES

MANY FREE
MANY AT NIGHT OR SAT.

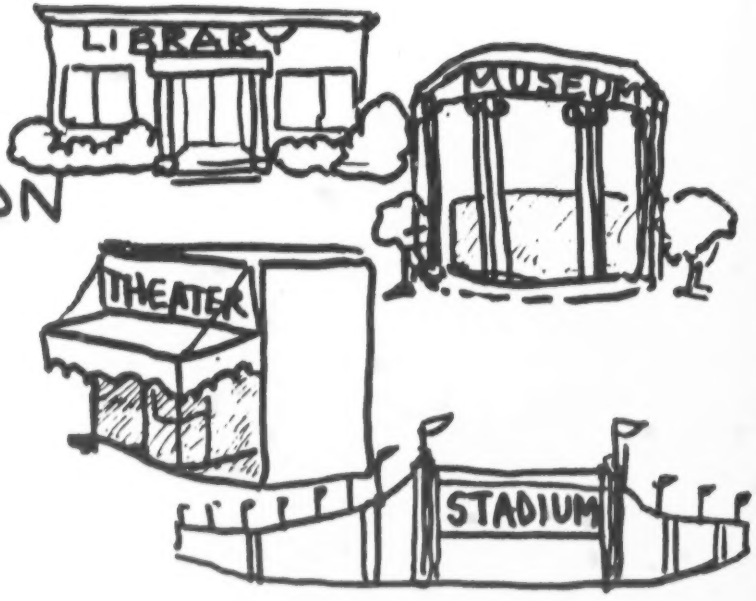
ACTIVITIES
READING
TV
MOVIES
SEWING
KNITTING
MUSEUM
THEATRE
SHOWS
GAMES
WALKING
SPORTS

PLACES TO GO

COST

TIME

TRANSPORTATION



LIBRARY

BOOKS

NEWSPAPERS

RECORDS

TAPES

FREEBIES

MOVIES

LESSONS

MEETINGS

NEWSPAPER

TELEVISION

1:00 PM. CH 27
Dean Witter presents
THE MEMORIAL
TOURNAMENT
Today on ABC

8 P.M.
...Facts of Life
...falls for Beverly

...Andy Garcia, El-

Clinton
lon P
(US/
★★
Jo
V

Great outdoors

✓ The Susquehanna Appalachian Trail Club will sponsor several upcoming hikes.

A 3-mile easy hike to the Clarks Valley area will leave from Fort Hunter at 6 p.m. June 7. For more information, readers may call 774-0196 or 564-1447.

Health/fitness

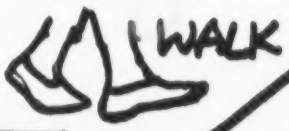
A seminar titled "Be Prepared For An Emergency" will be held at 1 p.m. Thursday at the East Pennsboro Twp. Building and Community Center in Enola.

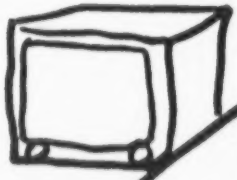
Speakers Sarah Divine and Ralph Hench, both certified American Red Cross instructors, will discuss basic first aid for

HERSHEY LODGE & Cinema
NOW SHOWING
Academy Award, Best Actress CHER
MOONSTRUCK (PG)
DAILY 7 & 9 PM SUN. MAT. 2 PM
Phone 533-5610

LEISURE

FREE:





AT HOME

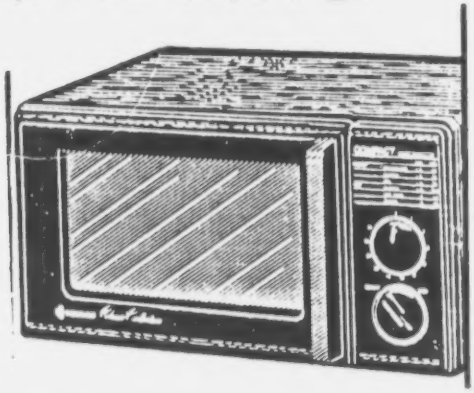
COST:

TICKETS
TRANSPORTATION
EQUIPMENT

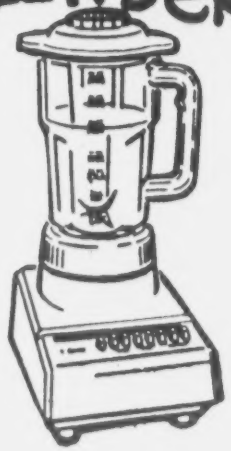
HOUSEKEEPING APPLIANCES

APPLIANCES

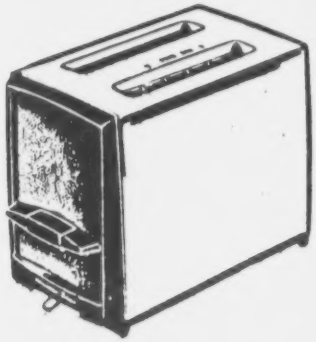
MICROWAVE



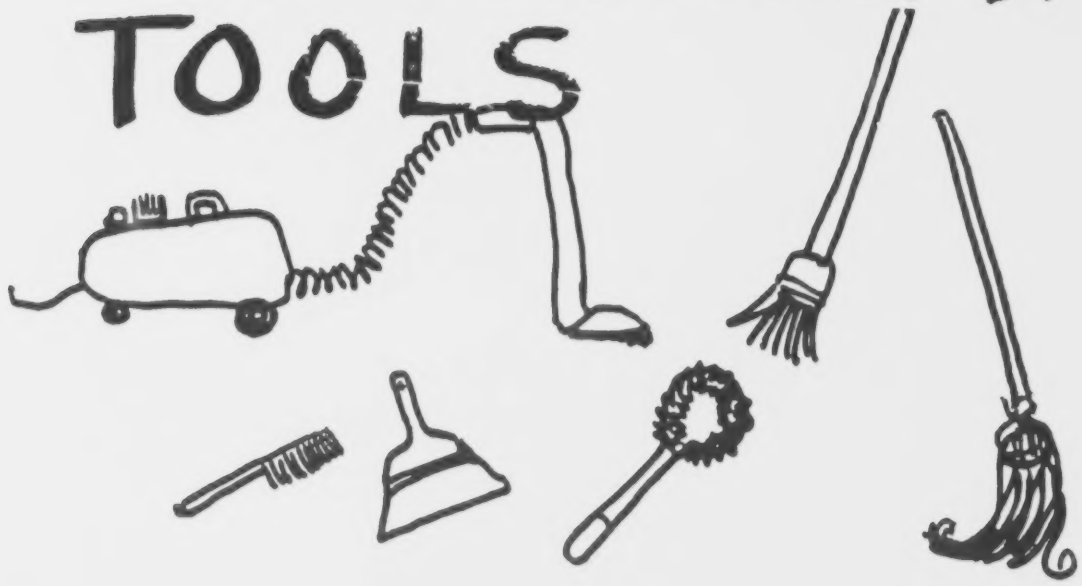
BLENDER



TOASTER

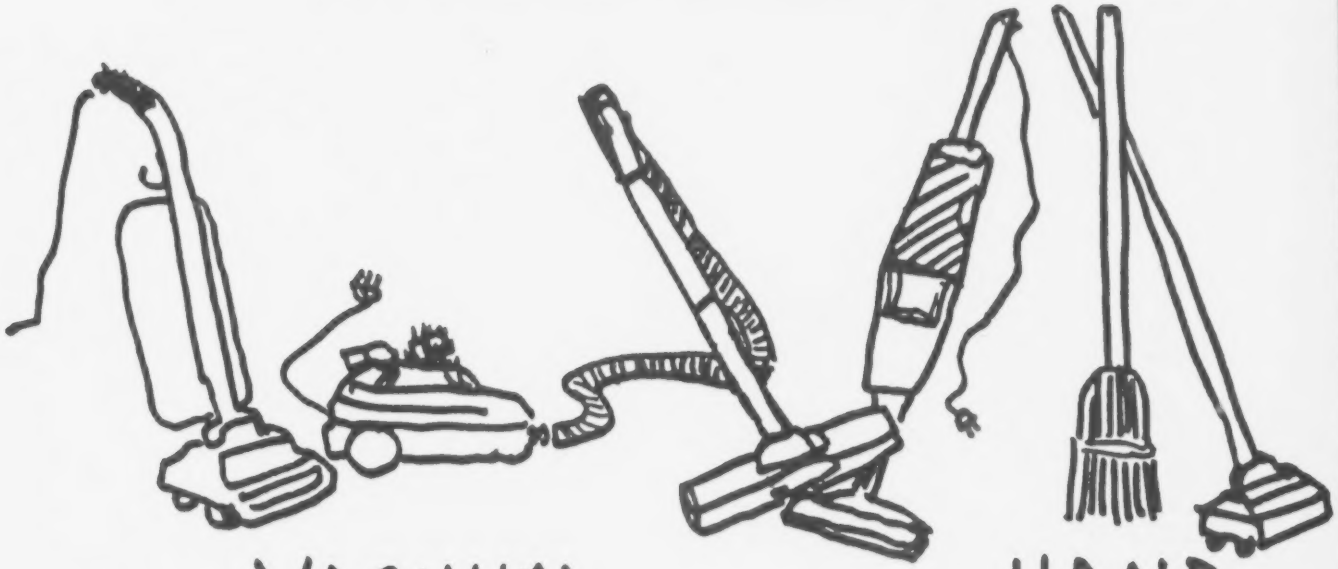


HOUSEKEEPING TOOLS



MOPS

SWEEPERS



VACUUM HAND

SPRAYS

AEROSOL

PUMP

DANGEROUS:

CAUTION

DANGER

POISON

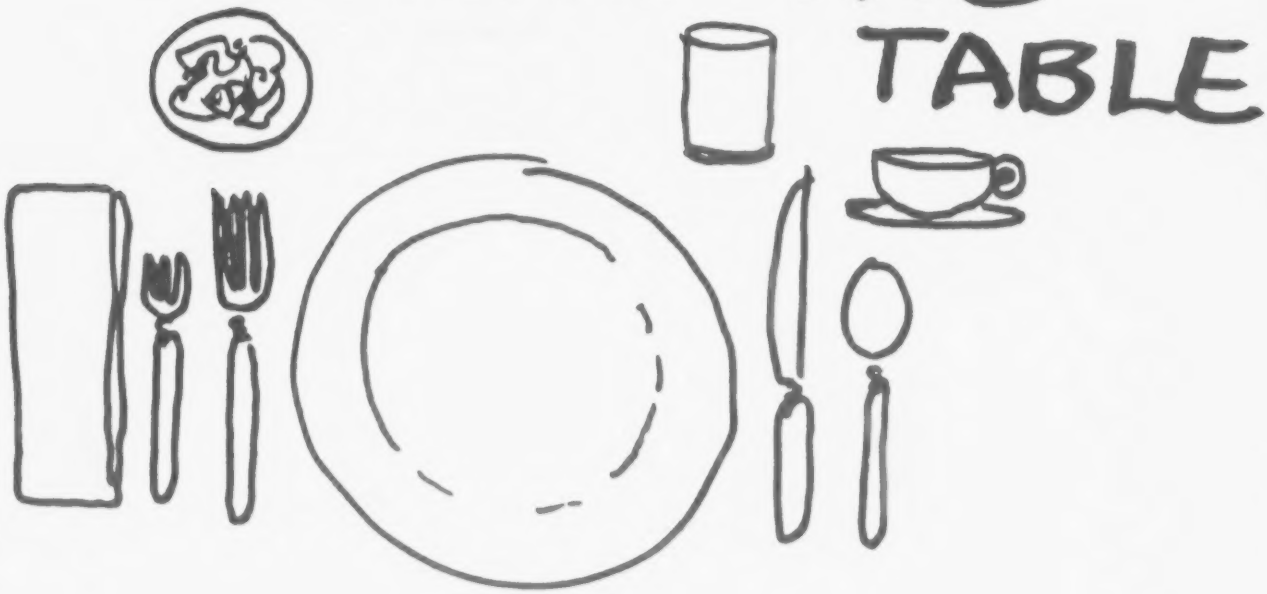
FLAMMABLE

HARMFUL:

CLEANSERS

DIFFERENT JOBS

SETTING THE TABLE

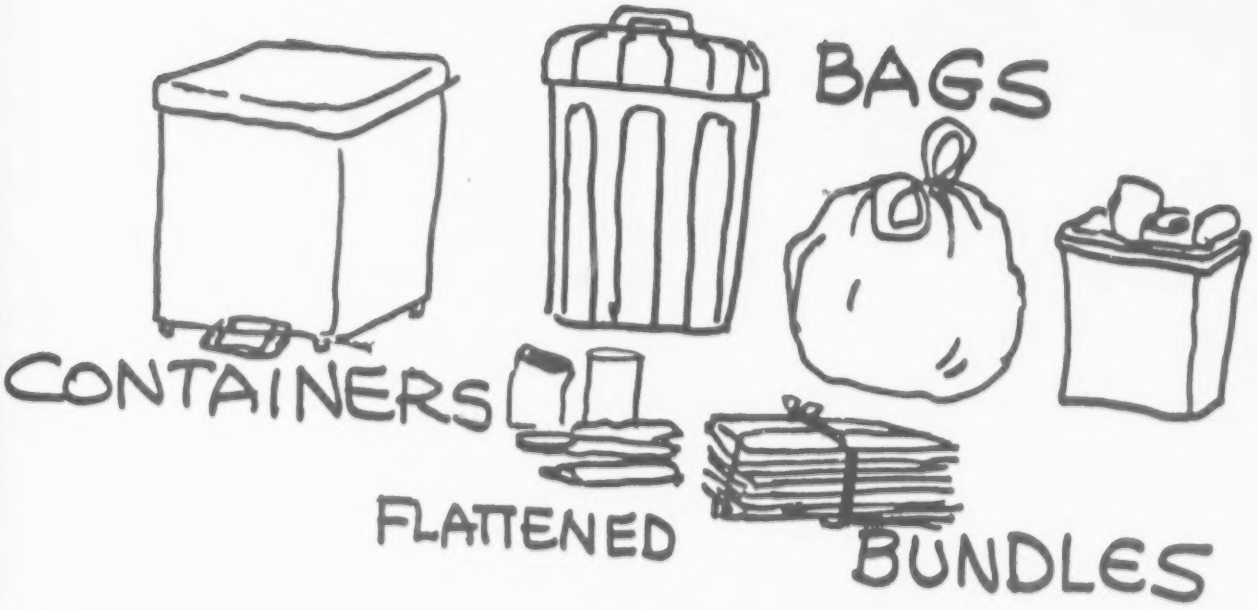


MAKING A BED

SHEETS
PILLOWS
BLANKET
SPREAD

SANITIZE TOILET
CLEAN

TRASH, GARBAGE



FLIP CHART

AT YOUR

FINGERTIPS

USE THIS CHART AS A GUIDE

CREATE YOUR OWN IDEA SEGMENTS.

SUIT TO YOUR STUDENTS

EXTRA PAGES IN BACK

COOKING

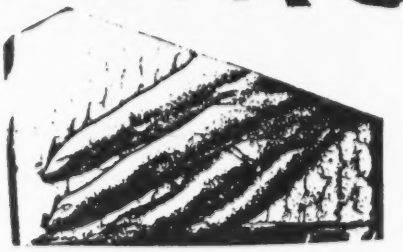
COOKING

PREPARATION

WASH:

HANDS

COUNTER



FOOD

UTENSILS

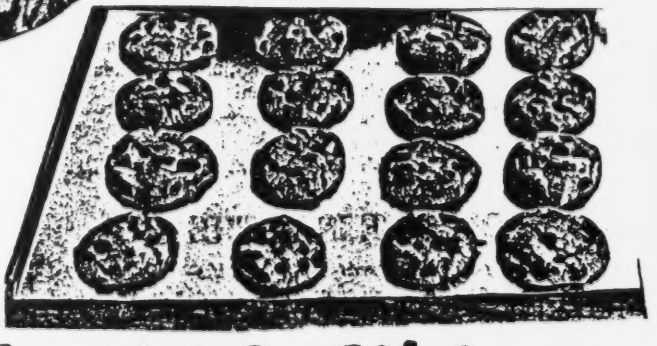
SPOONS
SPATULAS

SIEVE

BEATER

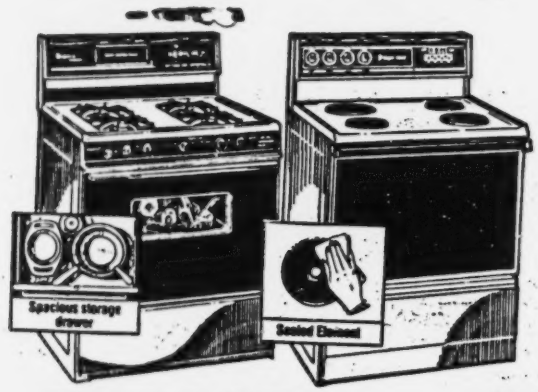
BAKING
PANS

POT HOLDERS

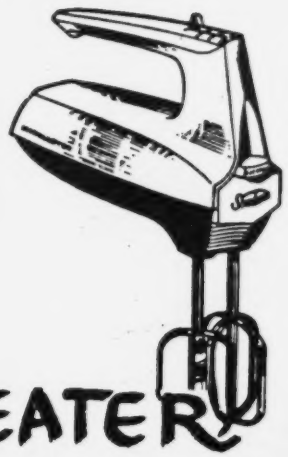


COOKIE SHEET

KITCHEN APPLIANCES

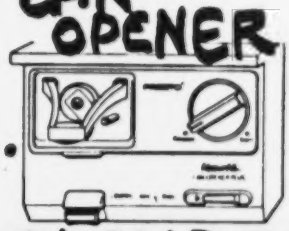


STOVE

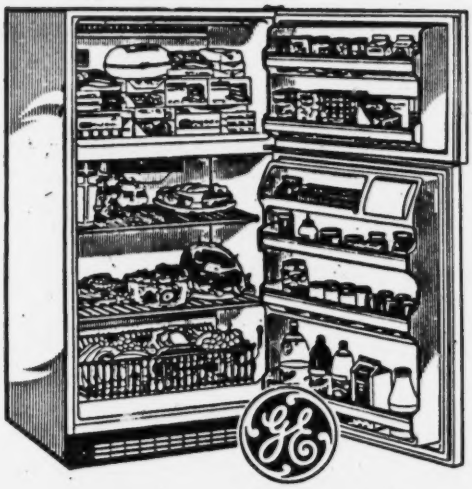


BEATER

CAN OPENER



BLENDER

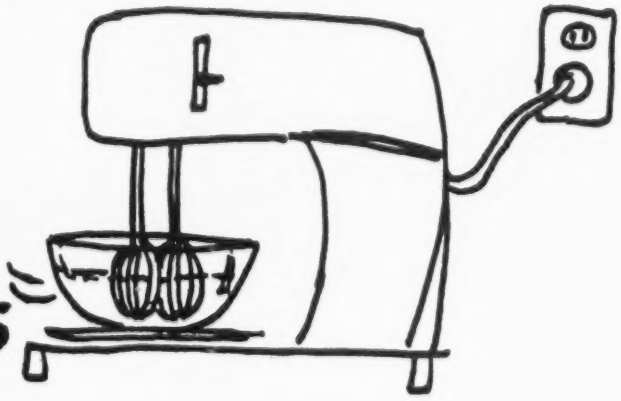


REFRIGERATOR

TOASTERS

HOW TO USE: ELECTRIC BEATER

UNPLUGGED
OFF
PUT IN BEATERS
PLUG IN



START ON LOW
BLEND SLOWLY
ADD INGREDIENTS SLOWLY
TURN OFF BEFORE REMOVING BEATERS OR BOWL

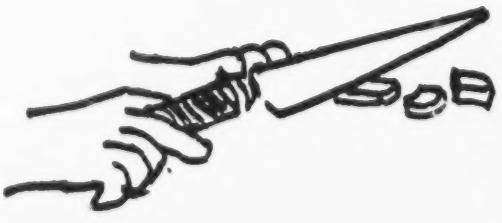
COOKING STEPS

WASH

READ RECIPE

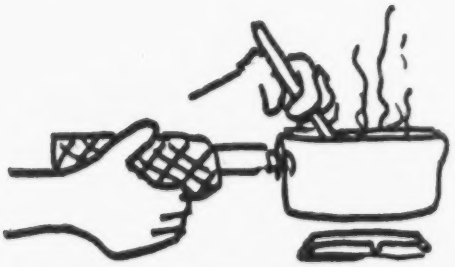
COLLECT INGREDIENTS

CUT CAREFULLY
PROTECT FINGERS

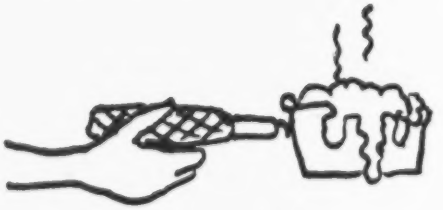


COOKING STEPS

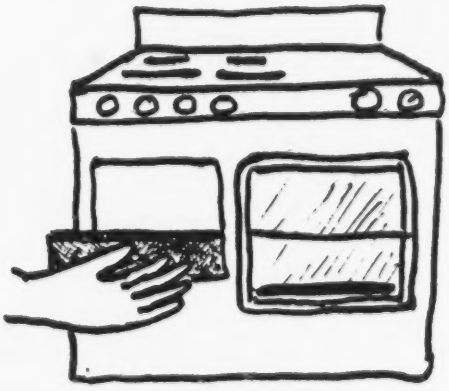
STIR SLOWLY
USE HOT PAD



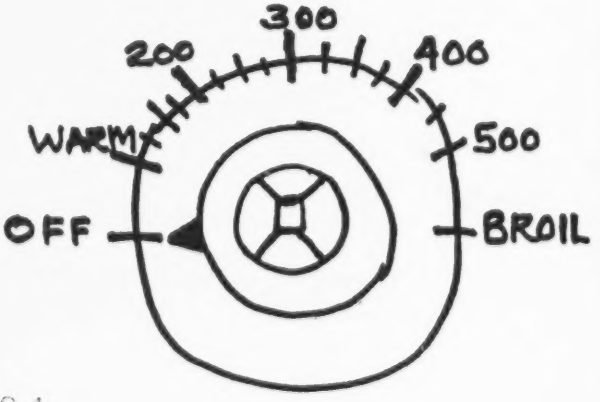
WATCH:
TIME
TEMPERATURE



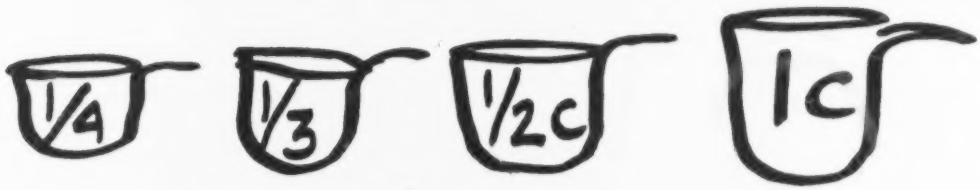
PRE-HEAT OVEN



TEMPERATURES



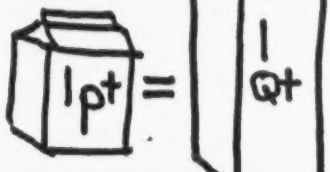
COOKING MEASUREMENTS



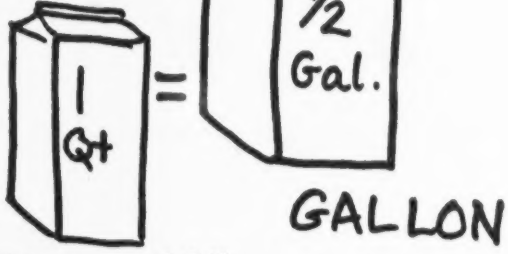
1 CUP = 1 c.

CUP

2 c = 1 pt
2 pt = 1 qt
2 qt = ½ gal



PINT



QUART

GALLON

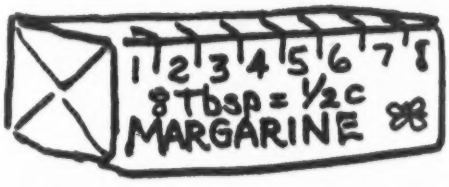
MEASUREMENTS

1 Tbsp
Tablespoon

1 tsp
teaspoon

½ tsp
one half

¼ one fourth



COOKING TERMS

FRY

MED TO HIGH HEAT

BOIL

HIGH HEAT

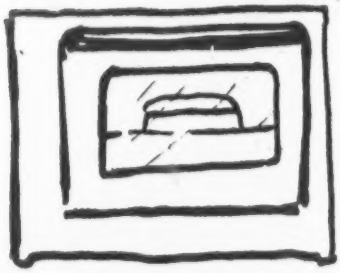
SIMMER

LOW HEAT

BRAISE

COOK SLOWLY
LITTLE MOISTURE
COVERED

BAKE



IN OVEN

COOKING SAFETY

USE POT HOLDERS

CAREFUL OF SHARP KNIVES

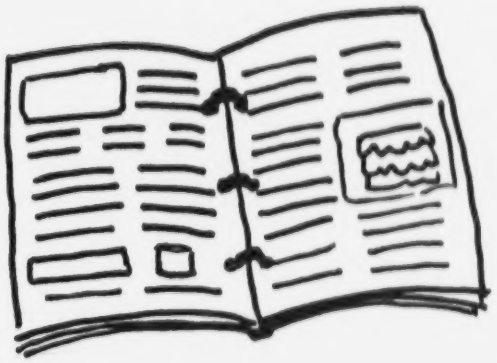
DON'T GET APPLIANCES WET

AVOID SHOCKS

COOKING RECIPES

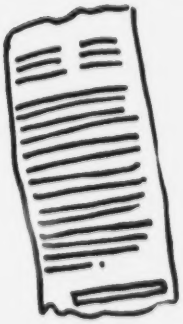
DIRECTIONS HOW TO MAKE SOMETHING

COOKBOOK



FROM A FRIEND

NEWSPAPER



MAGAZINES

COOL AS A CUCUMBER SALAD

1 package (4-serving size) Sugar Free JELL-O® gelatin, lime flavor
¼ tsp. salt
¾ cup boiling water
1 tbsp. lemon juice
⅓ cup cold water
ice cubes
½ cup sour cream
1 cup chopped seeded peeled cucumber
1 tbsp. minced onion
1 tsp. dillweed or 1 tablespoon chopped fresh dill

Dissolve gelatin and salt in boiling water. Add lemon juice. Combine cold water and ice cubes to make 1¼ cups. Add to gelatin, stirring until slightly thickened. Remove any

COOKING - TIPS

TAKE ADVANTAGE OF:

COUPONS

made with whole wheat
Cinnamon Toast Crunch
TASTES LIKE HOMEMADE CINNAMON TOAST
Crispy Sweetened Two-Grain Cereal
R787
MFR COUPON
EXPIRES 5/15/88
Save 75¢
on the great homemade taste kids love
when you buy a 14 oz. box or larger
RETAILER: General Mills will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with our redemption policy. Copies invalid. Void if copied, prohibited or regulated. Cash value 1/100 cent. Send to GMI COUPON REDEMPTION, Box 900, MPLS., MN 55480 or an authorized clearinghouse
ONE COUPON PER PURCHASE— Good only in USA, APO's & FPO's.
General Mills
5 16000 71475 0
MANUFACTURER'S COUPON
EXPIRES AUGUST 31, 1988
Save 20¢ on MOTT'S 6-PAK, ANY FLAVOR
Consumer: Offer good only in U.S.A. and on product and size indicated. You pay any sales tax. Limit one coupon per item purchased. Retailer: Coupon will be redeemed at face value plus 8¢ handling if properly redeemed. Failure to provide on request evidence of purchase or sufficient stock to cover coupons submitted voids all such coupons. Illegible, void where prohibited, taxed, or restricted. Coupon may not be transferred, assigned or reproduced. Cash value 1/20¢. Mail coupon to: Mott's U.S.A., Box 1017, Clinton, Iowa 52732.
20¢
14800 107725
20¢
MOTT'S 6-PAK CINNAMON APPLE SAUCE
MOTT'S 6-PAK Natural APPLE SAUCE
MOTT'S 6-PAK APPLE SAUCE
SALE
PAPER?

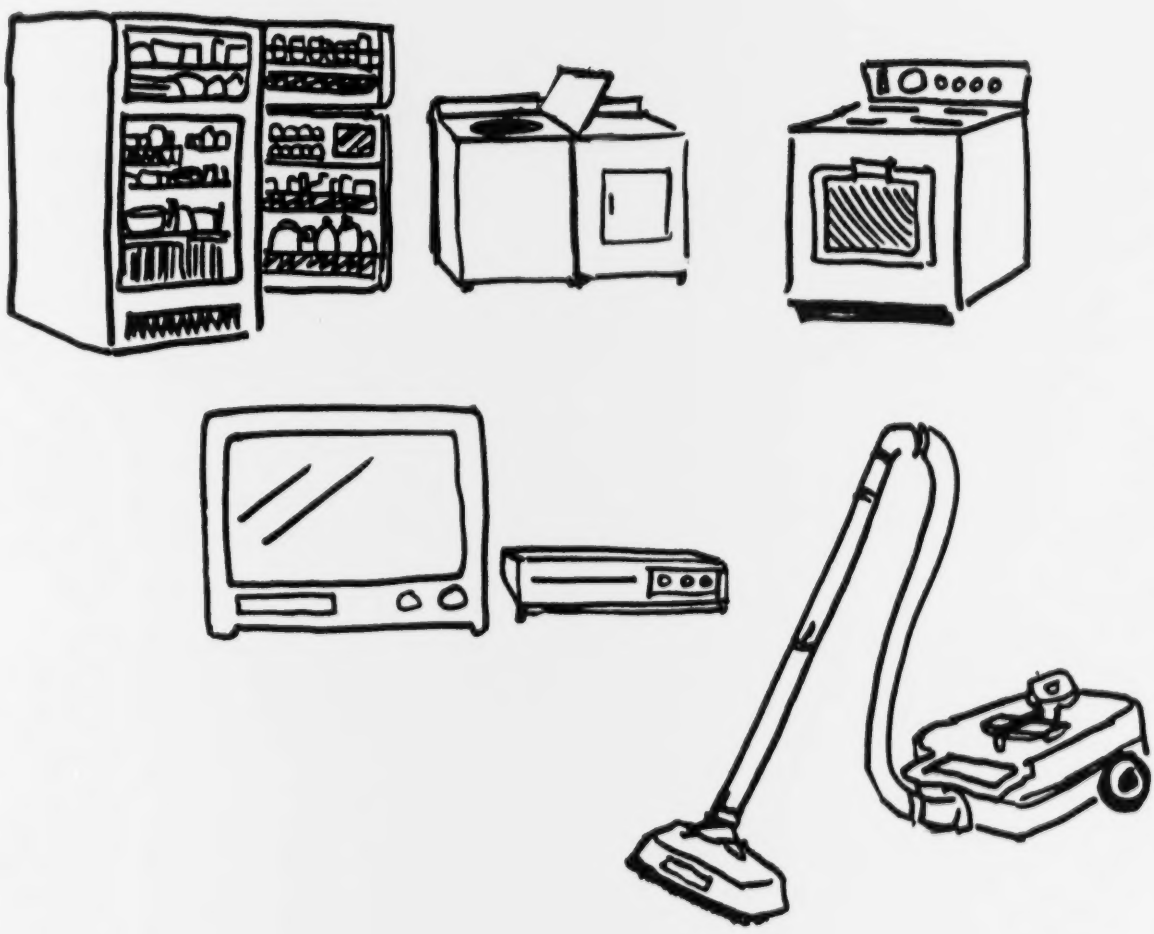
NEWSPAPER ADS

STORE SALES

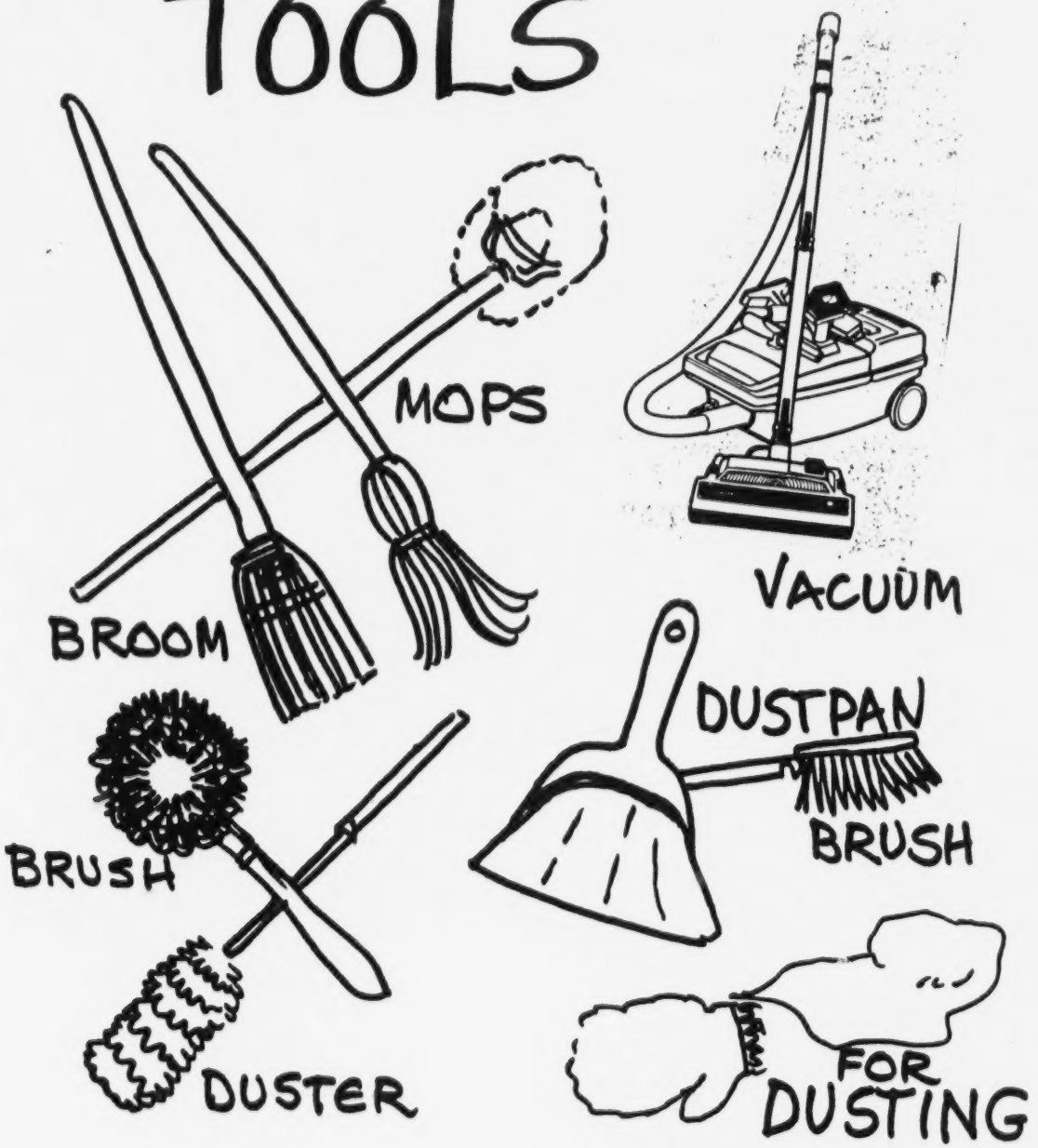
HOUSE-KEEPING

HOUSEKEEPING

APPLIANCES



HOUSEKEEPING TOOLS



HOUSEKEEPING SUPPLIES

19

HOUSEKEEPING

FOR DIFFERENT JOBS

DIFFERENT PRODUCTS

SPRAYS:

AEROSOL / PUMP

HOUSEKEEPING SAFETY WORDS:

DANGER

POISON

CAUTION

FLAMMABLE

HARMFUL

HAZARDOUS

PITTSBURGH POISON CENTER 412-681-6669

MR. YUK

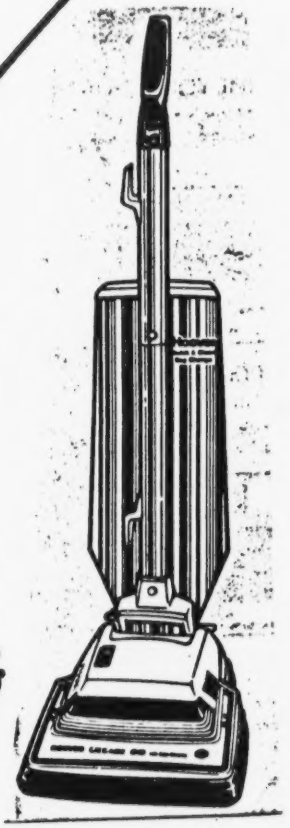
21

HOUSEKEEPING JOBS

DAILY

WASHING DISHES

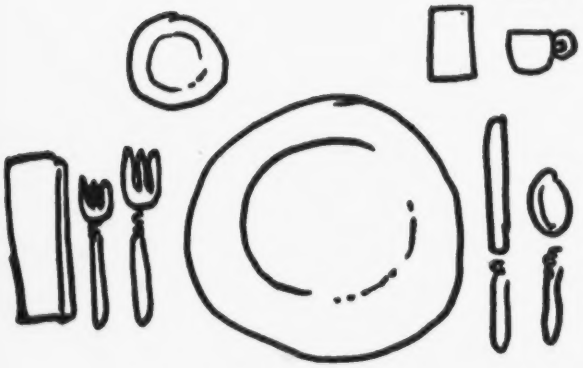
VACUUMING



WEEKLY

MAKE A LIST FOR YOURSELF

HOUSEKEEPING JOBS

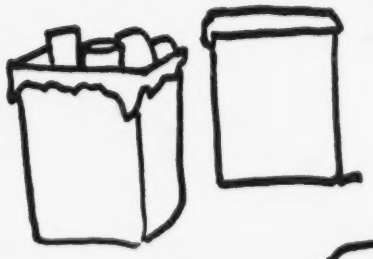


SETTING THE TABLE

BED MAKING, CHANGING

DAILY & WEEKLY

TRASH & GARBAGE



DAILY

WEEKLY

SANITIZING THE [CLEANING] TOILET

WEEKLY & AS NEEDED

LAUNDRY

LAUNDRY

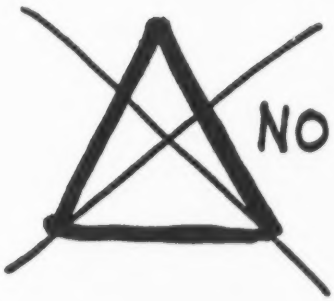
HANDWASH

MACHINE

DRY CLEAN

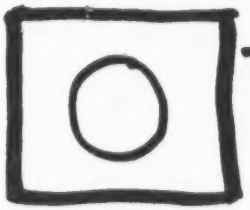
25

LAUNDRY SYMBOLS



NO IRONING

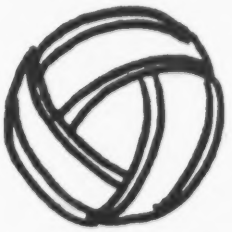
MAY BE DRY CLEANED



TUMBLE DRY

PURE WOOL

TOUCH UP IRONING



WOOL BLEND

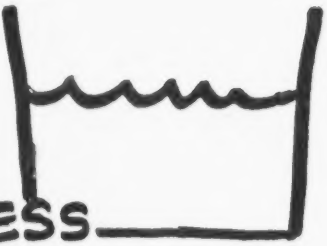
COTTON

WOOL

LAUNDRY

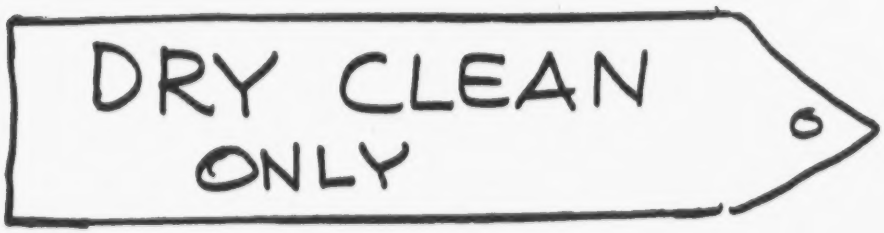
SYMBOLS/LABELS

WASHABLE



PERMANENT PRESS

DELICATE



LAUNDRY SUPPLIES

DETERGENTS

POWDER

LIQUID

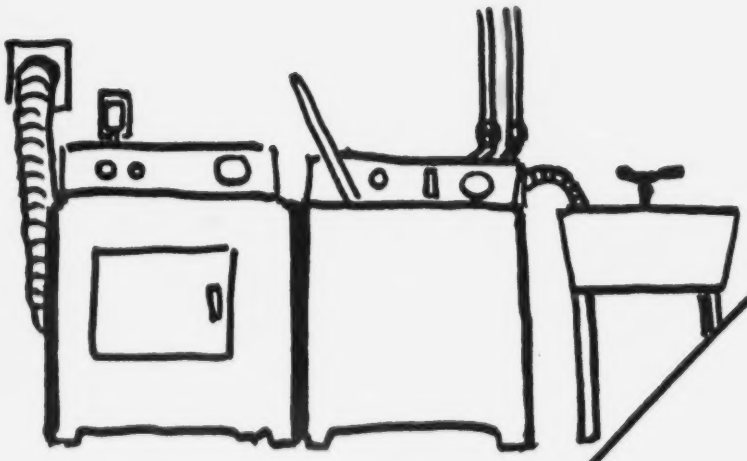
STAIN REMOVER

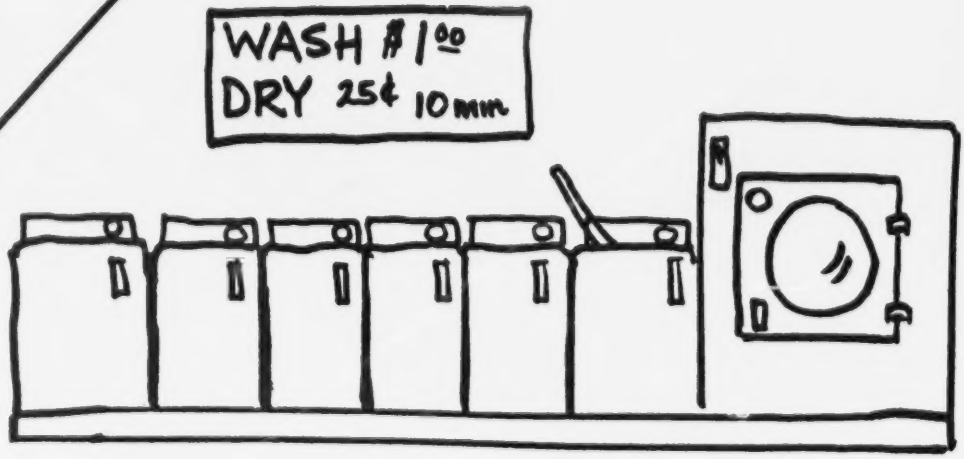
SOFTENER

SOAP

LAUNDRY

HOME



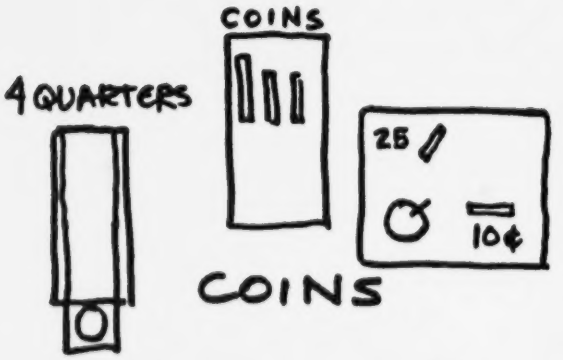


LAUNDROMAT

LAUNDROMAT

NEED:

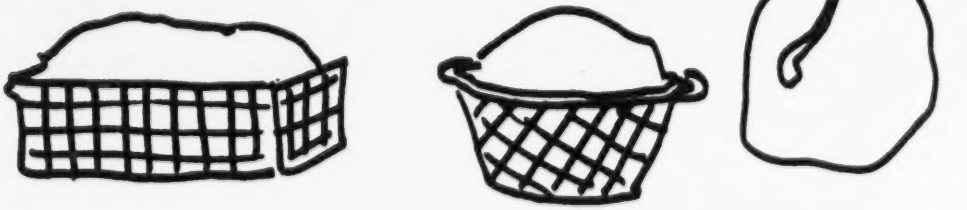
MONEY



SUPPLIES

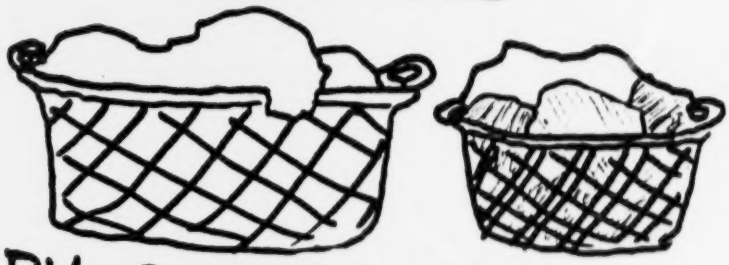
TRANSPORTATION TO & FROM

WAY TO CARRY WASHING

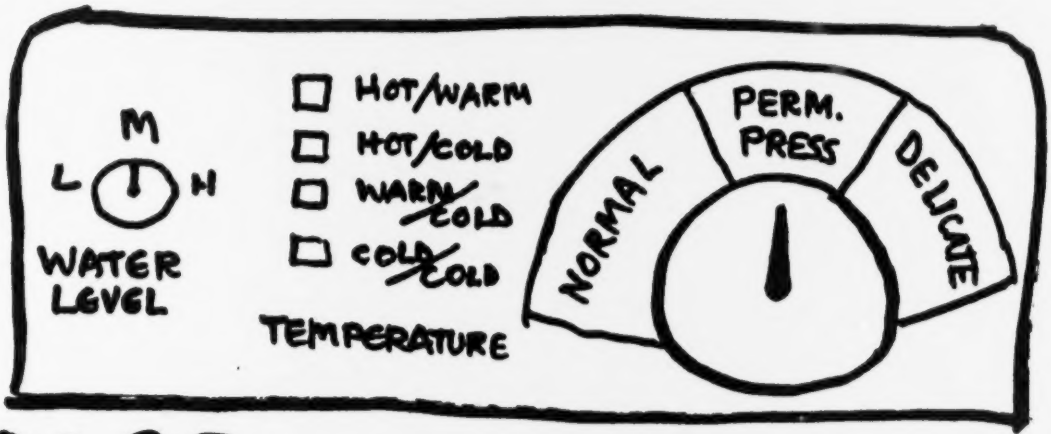


LAUNDRY: WASHING

SEPARATE CLOTHES



BY COLOR & FABRIC

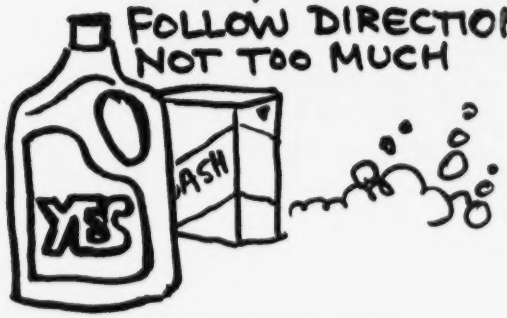


CHOOSE: TYPE, TEMPERATURE, LEVEL

LAUNDRY: STEPS

① PRETREAT STAINS

② DETERGENT
SUDS, SUDS
FOLLOW DIRECTIONS
NOT TOO MUCH



③ BLEACH - IF NEEDED
CHECK THE FABRIC CONTENTS

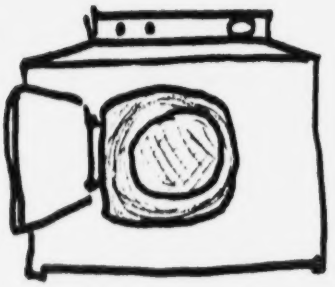
CHLORINE BLEACH
FOR COTTONS

SAFE FOR COLORS
BLEACH

④ RINSE OR SOFTENER
MAKES CLOTHES FEEL SOFT

ADD TO LAST CYCLE OF WASHER

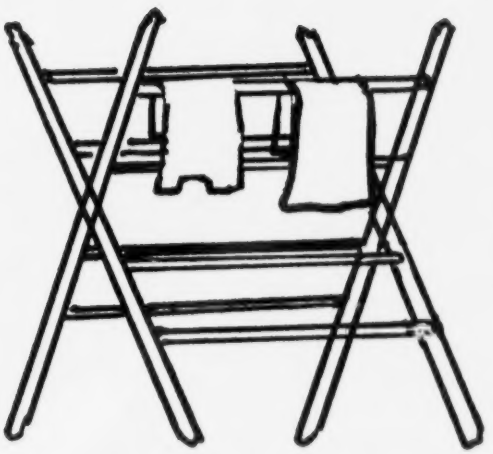
DRYING



DRYER

OUTSIDE

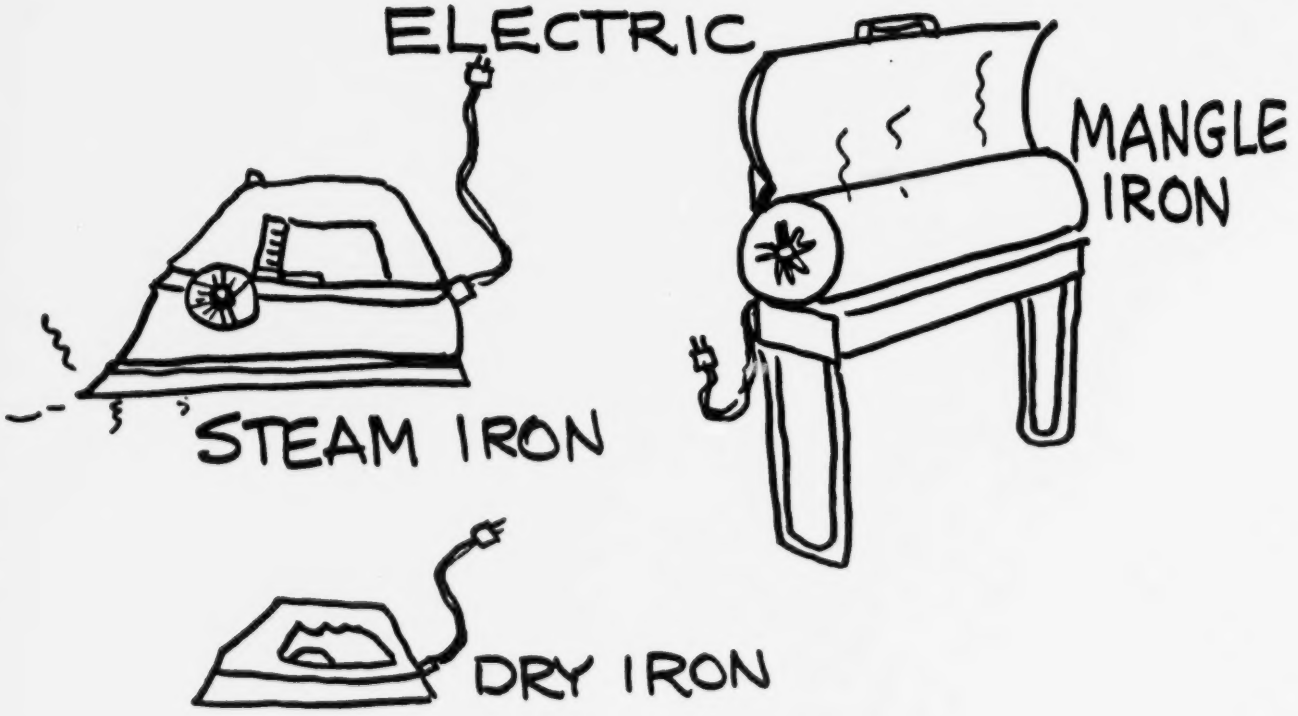
CLOTHESLINE



CLOTHESRACK

INSIDE

LAUNDRY: IRONING

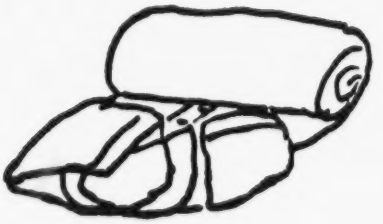


HEAT ON STOVE IRONS
NON-ELECTRIC

LAUNDRY: IRONING TERMS

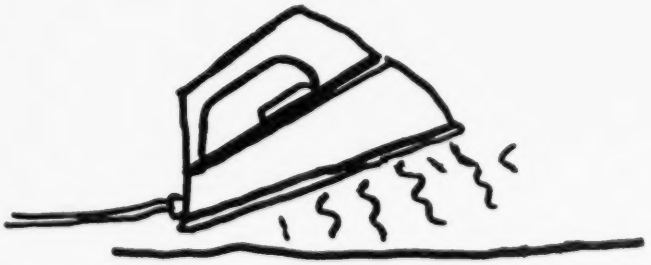
DAMPEN

ROLL

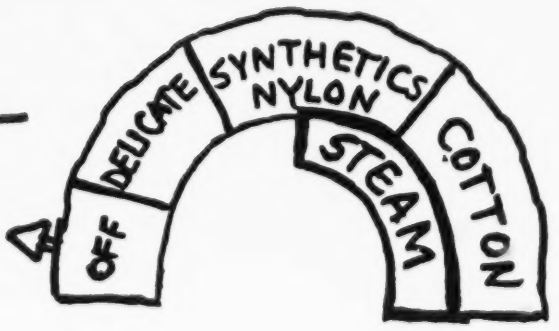


PRESS

STEAM



STEAM IRON DIAL



WATER LEVEL GAUGE

LAUNDRY CAUTIONS:

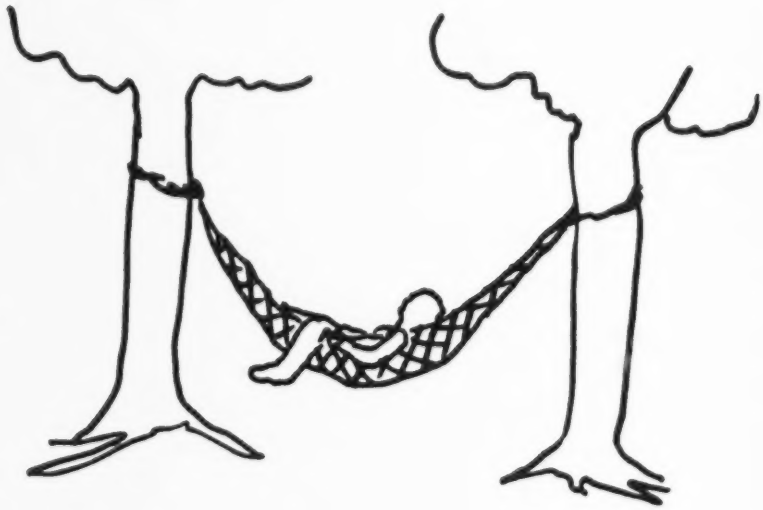
WITH ANY ELECTRIC ITEM THERE IS DANGER OF SHOCK WHEN AROUND WATER.

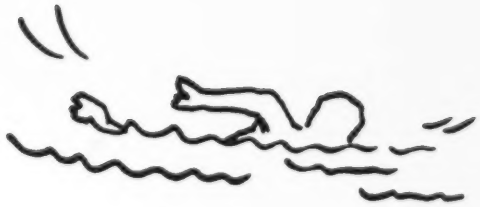
DRY HANDS, DON'T STAND IN WATER.

LEISURE

LEISURE

SPARE TIME - NOT WORKING TIME.





ACTIVITIES

READING
TV
MOVIES
SEWING
SHOWS
MUSEUM
KNITTING
THEATRE
WOODWORKING
SPORTS
GAMES
WALKING

WHERE TO FIND INFORMATION

NEWSPAPERS

5

The Israel Fair and Festival, celebrating the 40th anniversary of Israel, will be held from noon to 5 p.m. June 5 at the Jewish Community Center, Vaughen St.

Activities, free of charge, will include, food booths, a balloon launch, games and music.

For more information, readers may call 236-9555.

6

Hersheypark has a variety of activities and entertainment planned for this month beginning June 6 from 1 to 3 p.m. when the Harrisburg Senators and the Reading Phillies will be in the pa... sign a... June 1... Beach... way t... ar in... They also will be there from 11...

Patriot-News Co.

ON TAP

A seminar titled "Be Prepared For An Emergency" will be held at 1 p.m. Thursday at the East...

CAPITAL CITY
MALL CINEMAS
CROCODILE DUNDEE II
12:30-2:30-5:15-7:45-10:15-1...
THE LAST E...
1:00...

FRIDAY THE 13TH PART VII — THE NEW BLOOD

The Harrisburg Area... Chapter, American Red Cross, is... seeking individuals willing to... teach Red Cross course... unteers who teach th... need to be certified in... tion to Health Services... a four-hour introductory... A basic-aid instructi... will be held from 1 t... Thursday at the chapt... quarters. Upon completi... course, individuals will... fied to teach basic first... personal safety to yout...

The Susquehanna Ap... Trail Club will spon... upcoming hik... 3-mi...

Channels

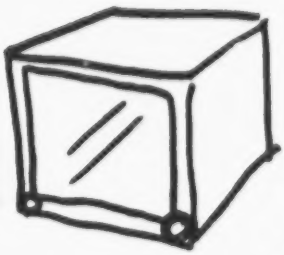
2 WMAR/Baltimore	A&E Arts & Entertainment
(3) KYW/Philadelphia	CBN Christian Broadcasting
3 WPSX/University Park	CNN Cable News Network
5 WTTG/Washington	DIS The Disney Channel
(6) WPVI/Philadelphia	ESP Entertainment/Sports
6 WJAC/Johnstown	HBO Home Box Office
WGAL/Lancaster	MAX Cinemax
8 WOR/Secaucus, N.J.	NIC Nickelodeon
10 WTAJ/Altoona	PRI PRISM
(10) WCAU/Philadelphia	SHO Showtime
11 WPIX/New York	TMC The Movie Channel
(11) WBAL/Baltimore	TNN Nashville Network
13 WJZ/Baltimore	USA USA Network
WLYH/Lebanon	
17 WPHL/Philadelphia	
(17) WTBS/Atlanta	
WHP/Harrisburg	
(21) WHTM/Harrisburg	
29/53 WTAF/Philadelphia	
WITF/Harrisburg	
WPMT/York	
45 WBFF/Baltimore	
49 WGCB/Red Lion	
65 W65AV/Harrisburg	
67 WMPB/Baltimore	

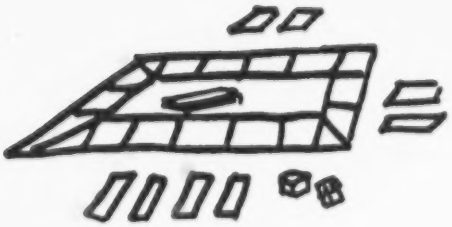
BULLETIN BOARDS

LEISURE

FREE:

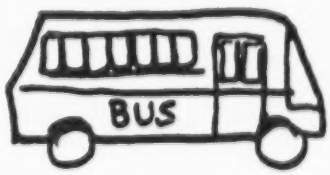
AT HOME

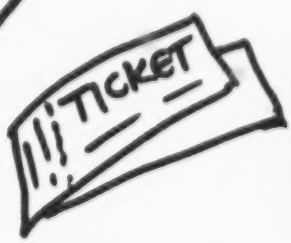




COST:

TICKETS
EQUIPMENT
TRANSPORTATION



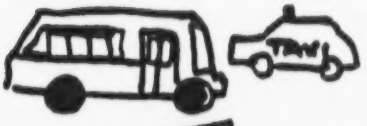


PLACES TO GO

COST

TIME

TRANSPORTATION



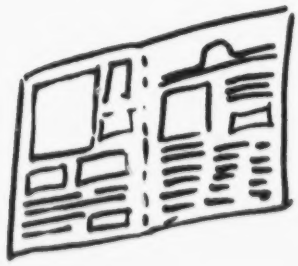
PICNIC

LIBRARY

[LEARN ITS HOURS]

BOOKS

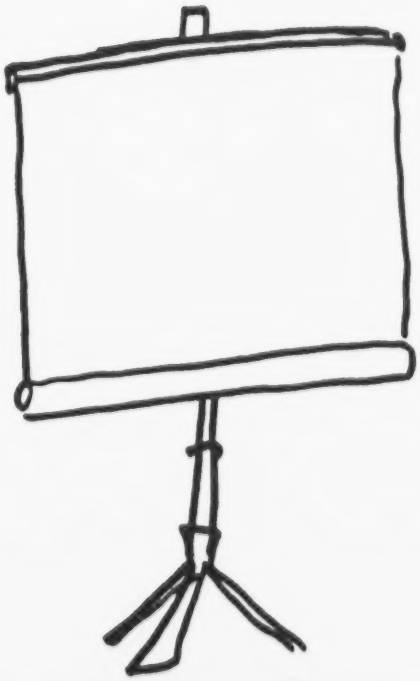
NEWSPAPERS



RECORDS

TAPES

FREEBIES



MOVIES

LESSONS

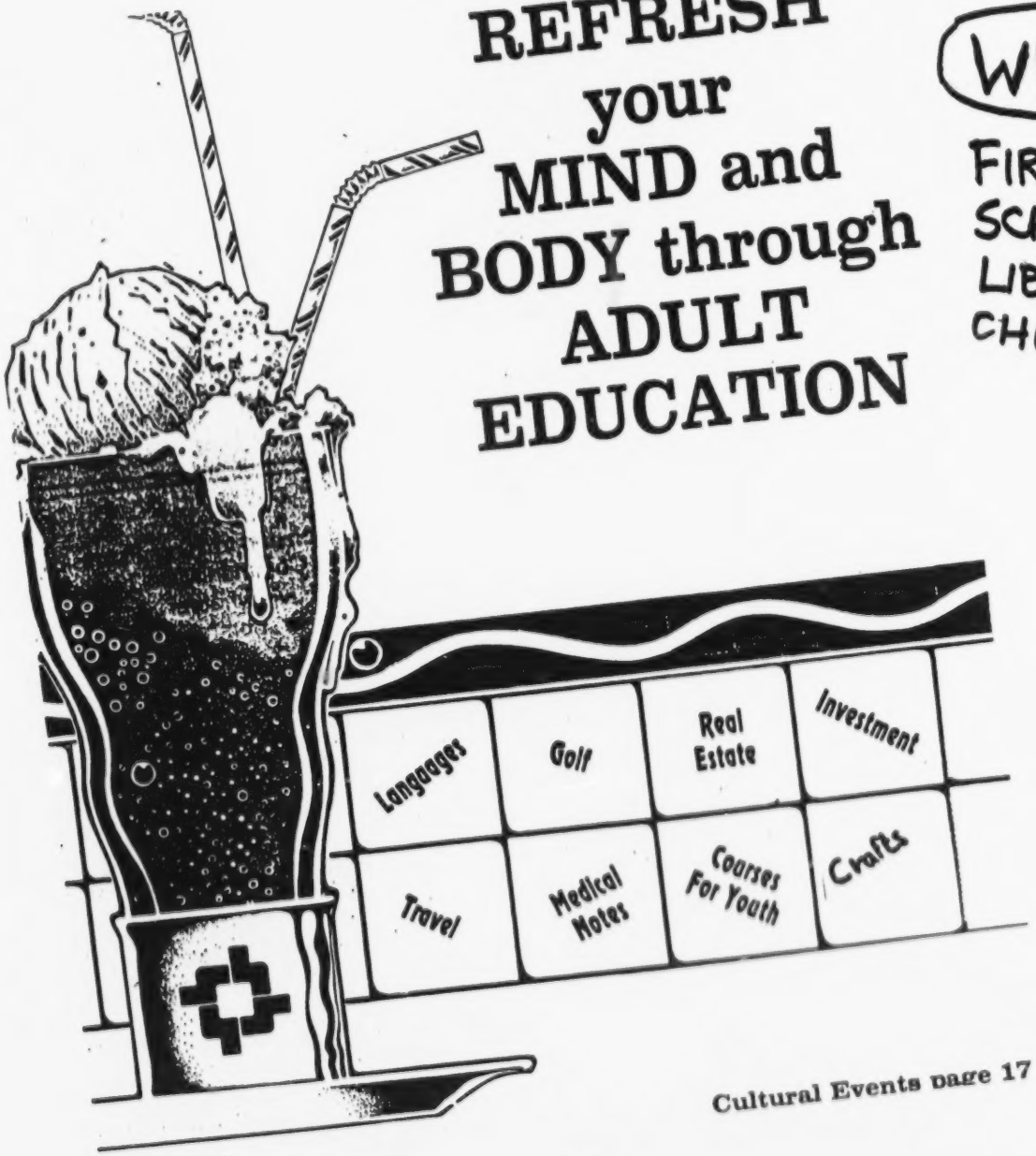
MEETINGS

LEISURE : CLASSES AVAILABE

REFRESH your MIND and BODY through ADULT EDUCATION

WHERE?

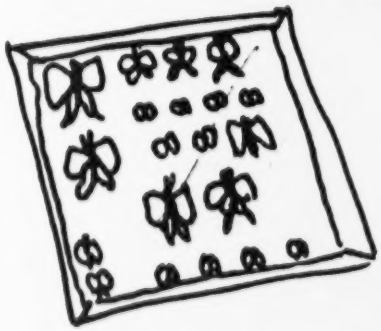
FIRE HALLS
SCHOOLS
LIBRARIES
CHURCHES



Cultural Events page 17

HOBBIES

ACTIVITIES YOU DO REGULARLY:



COLLECTING

GARDENING

WOODWORKING

NEEDLEWORK

EXERCISE

MEDICATION

MEDICINE

KNOW YOUR LABEL

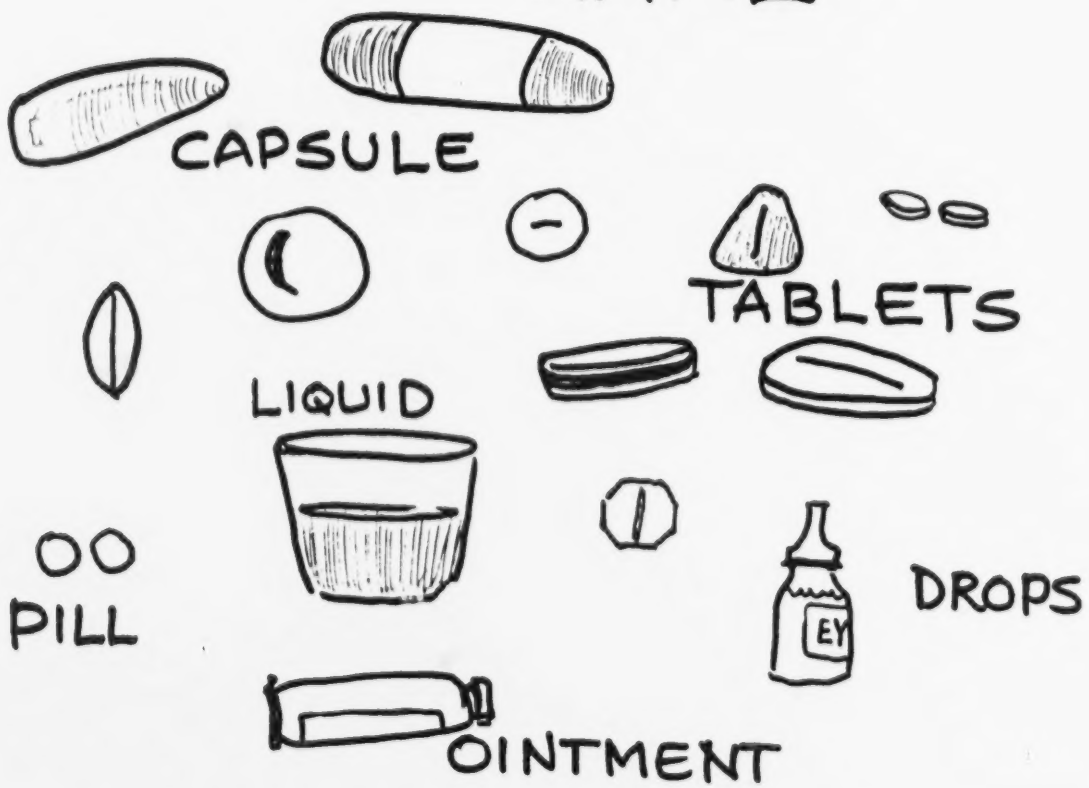
TAKE UNDER DOCTOR'S ORDERS

KNOW WHAT YOUR MEDICINE LOOKS LIKE:

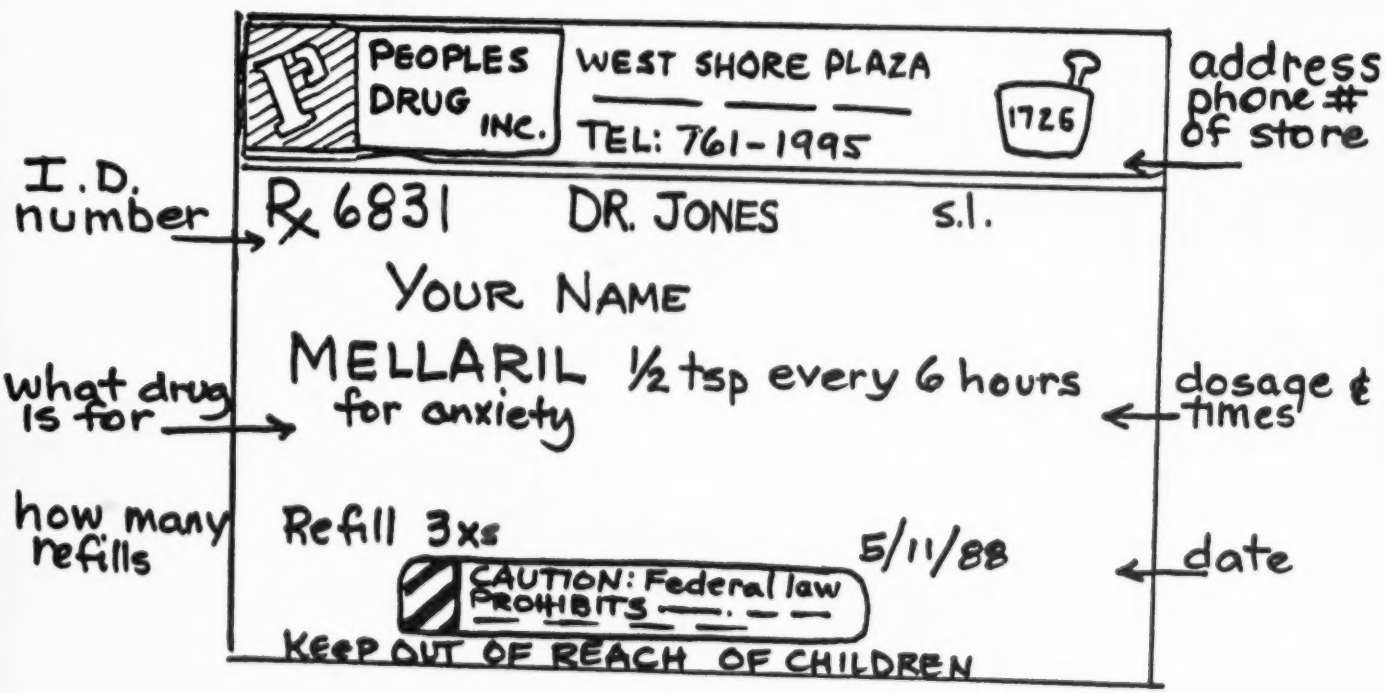
SHAPE

COLOR

NAME

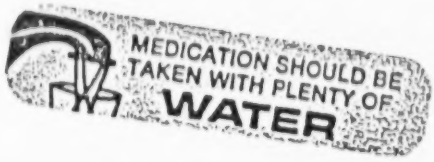


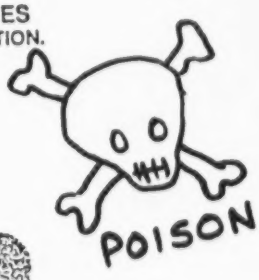
LABEL PRESCRIPTION:

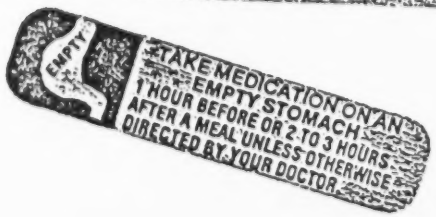


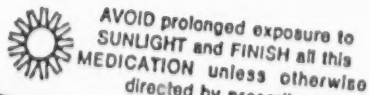
WHEN IN DOUBT ASK YOUR PHARMACIST OR DRUGGIST.

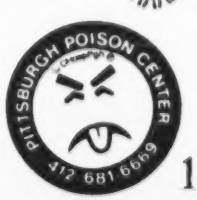
DIRECTION LABELS





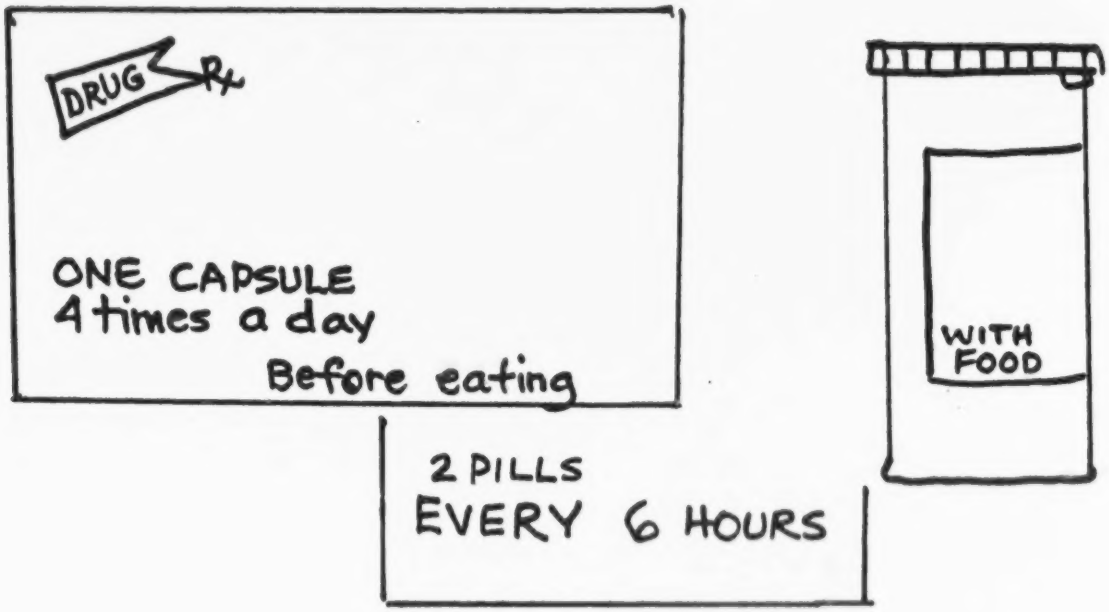

EMPTY
TAKE MEDICATION ON AN EMPTY STOMACH
1 HOUR BEFORE OR 2 TO 3 HOURS AFTER A MEAL UNLESS OTHERWISE DIRECTED BY YOUR DOCTOR





DOSAGE

HOW MUCH TO TAKE



DON'T SKIP
DON'T DOUBLE

51

HOW DO YOU GET MEDICINE?

DOCTOR'S PRESCRIPTION

WHERE?

WHERE YOU SEE THESE SIGNS.

OVER THE COUNTER DRUGS

CHECK WITH YOUR DOCTOR OR DRUGGIST BEFORE TAKING O.T.C. DRUGS

KEEP MEDICINE

DON'T:

SHARE

TRADE

BORROW

OR USE OLD, OUT OF DATE

MEDICATION

IT COULD KILL YOU!